

CHW Solutions CHW Café Chat 3 Part Series:

What did we do to make it through? - CHW Self-Care

July 19, 2022

Resources from Migrant Clinicians Network and the National Resource Center for Refugees, Immigrants, and Migrants

The following resources can be found using the two links below:

<https://www.migrantclinician.org/our-work-building-health-provider-capacity/witness-witness-w2w.html>

<https://www.migrantclinician.org/explore-issues-migrant-health/covid-19-pandemic.html>



Resources	Link	Description
W2W Podcast Series 'We Do Hope'	Access the podcast through links provided on this page: https://www.migrantclinician.org/blog/2022/jun/six-episode-podcast-now-available-full-explores-doing-hope-support-clinician-well	Podcast hosts explore what it means to be a witness. The Podcast covers the following topics: moral injury, chronic sorrow, micro-aggressions, self-compassion, and reasonable hope.
Coming Soon! - Self-Care Comic	Will be accessible through W2W's website: https://www.migrantclinician.org/our-work-building-health-provider-capacity/witness-witness-w2w.html	MCN's popular health comic series expands to include a comic focused on self-care. Illustrated with colorful and engaging artwork, the comic will be available for download.
Healthy Sleep Tips	Download this resource in the following languages: English and Spanish https://www.migrantclinician.org/resource/healthy-sleep-tips-w2w-resource.html	Simple tips for better sleep, from setting a sleep schedule to including physical activity in your daily routine.
Coping with Moral Injury	Download this resource in the following languages: English and Spanish https://www.migrantclinician.org/resource/coping-moral-injury-w2w-resource.html	Originally a concept developed while working with veterans, moral injury, has become the most significant injury for healthcare staff dealing with the COVID-19 pandemic.
How to Have a Restorative Holiday	Download this resource in the following languages: English and Spanish https://www.migrantclinician.org/resource/how-have-restorative-holiday-w2w-resource.html	The COVID-19 pandemic has made the holiday seasons more stressful than ever. Here are some tips for having a restorative holiday.

A Daily Practice to Restore Equanimity	Download this resource in the following languages: English and Spanish https://www.migrantclinician.org/resource/daily-practice-restore-equanimity-w2w-resource.html	Equanimity is the capacity to stay calm, especially in difficult situations. Healthcare workers are facing stressful situations now more than ever. Here are some tips replace hostility with equanimity.
Coping With Grief Related to COVID-19	Download this resource in the following languages: English https://www.migrantclinician.org/resource/coping-grief-related-covid-19-w2w-resource.html	Healthy ways to cope with grief and a reminder for how we may all experience grief differently.
Nine Practices to Cope With a Pandemic	Download this resource in the following languages: English https://www.migrantclinician.org/resource/nine-practices-cope-pandemic-w2w-resource.html	Questions to ask yourself to better cope with a pandemic, with discussion.
How to Help Yourself in This Time of Crisis Now	Download this resource in the following languages: English https://www.migrantclinician.org/resource/how-help-yourself-crisis-now-w2w-resource.html	Healthy ways to cope with a crisis and get through to the other side.
Prioritize Fun	Download this resource in the following languages: English https://www.migrantclinician.org/resource/prioritize-fun-any-way-you-do-it-w2w-resource.html	Fun is an important tool in managing stress and all three of the elements of fun (connection, playfulness, and flow) have been shown to decrease a person's perceived level of stress.
Some Comforting Ideas	Download this resource in the following languages: English https://www.migrantclinician.org/resource/some-comforting-ideas-w2w-resource.html	This list consists of easy to do activities to comfort and soothe ourselves during stressful times.
Webinar: Managing stress in uncertain times	Available in English and Spanish	Webinar presented by W2W on ways to manage stress.

<https://www.migrantclinician.org/>