

# COVID RECOVERY JOURNEY

**FORWARD THERE ARE THINGS WE NEED TO KEEP** IN MIND

## 3 PAUSE

#### We cared:

- . We worked from home
- We redeployed
- We wore PPE
- We home schooled
- We zoomed / teamed



- We learnt new skills



2 REACTIONS

We are:

Stressed

Distressed

Exhausted

Lonely

We need to take account of

our own & each other's feelings.

Anary

Fearful

Trying to be hopeful

Sad



### Take time to:

- Do nothing
- Nurture & care for vourself
- Do things which energise
- Experience joy
- Spend time with loved ones (even if in the garden)

#### We need to:

- Reconnect with our teams & our tasks
- Retain new friendships
- Rebuild & repair relationships
- Share our experiences with friends & colleagues
- Understand each other's iournevs
- 6 RECONNECT

- Retain what worked well
- Restore what we missed
- Renew in light of our learning
- Reimagine what we wish for our future





## **5** REFLECT **Individually**

- & together: Take time to
- Make meaning of what has happened

tell our stories

- Mourn our losses
- · Celebrate our victories

## 7 REVIEW

#### We need to review & share our learning:

- Maintain & embed new skills and new ways of working
- Maintain & develop new relationships across all sectors of care
- Acknowledge & accept what we could have done better
- · Apologise when needed
- · Thank when required
- · Appreciate ourselves and each other



**Belfast Health & Social Care Trust Business Support Organisation (BSO) DOH Workforce Policy Directorate GP Federations in Primary Care** Health & Social Care Quality Improvement Network **HSC Healthier Workplaces Network** 

**HSC Leadership Centre Independent Care Providers Northern Health & Social Care Trust** Northern Ireland Ambulance Service Northern Ireland Fire & Rescue Service **Pharmacy Forum NI** 

Public Health Agency South Eastern Health & Social Care Trust Southern Health & Social Care Trust **Trade Union Side** Western Health & Social Care Trust