



# The Relaxation Station: Dr. Dewey's Top Ten Physician 'To Do List' During the COVID-19 Pandemic

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# #1: Take care of yourself first!



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## #2: Love and protect your family



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## #3. Care for your patients



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## #4: Learn but avoid overload



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## #5: Be flexible and open to change



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# #6: Be kind to yourself

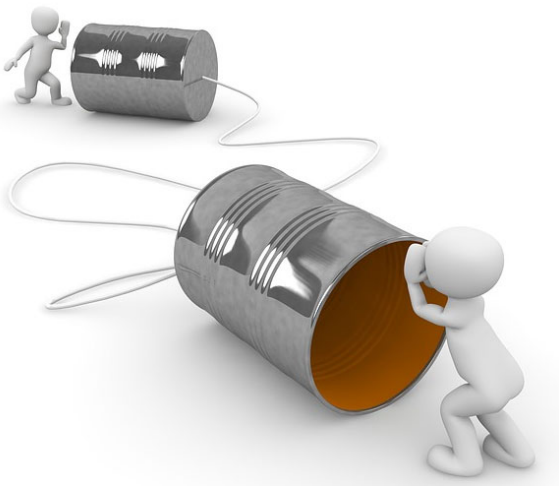


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# #7: Stay connected



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## #8: Build your resilience



Physical



Mental

Emotional

Spiritual



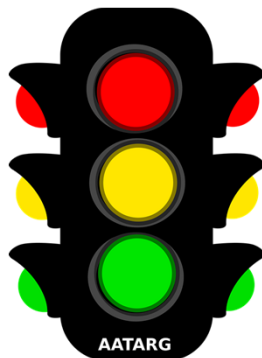
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## #9: Manage stressors



Recognize

Modify

Act

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# #10: You are not alone - get help



National Suicide Prevention Lifeline: 1-800-273-8255

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# Thank you for all you do! Be Safe!



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