

The last 12 months has been like no other. The pandemic is a personal and global disaster. COVID 19 for most of us, has challenged us personally and professionally. We have also experienced the usual challenges and potential opportunities we would also experience in any one year. In some ways the pandemic has heightened the need for palliative care and potentially opened up conversations about death and dying. There may be opportunities to redefine the way we work and create better outcomes for our patients and families.

What was a normal life for us all, is certainly different now. So far 2021 seems like it will be a different year with the hope of the effectiveness of the immunisation for COVID. This year will most likely continue to present us with more challenges and importantly many opportunities.

Stay safe and remember to care for yourself as well as you care for your patients. Reminder self-care is a priority and a necessity for nurses. You may find this flyer useful as it has reminders for us and your patients on caring for your mental health during the COVID – 19 pandemic

<https://www.health.nsw.gov.au/Infectious/covid-19/Documents/poster-mental-health-japanese.pdf>

The Self Care Institute website, <https://www.selfcareinstitute.com/> has a number of free resources focused on self-care. You can subscribe to their free weekly email “Take a Moment” which provides simple self-care reminders and support without overwhelming you with too much information. The aim is to give you compassionate and consistent self-care nudges to create small shifts that lead to the incorporation of lasting self-care strategies as a part of your everyday routine.

<https://www.selfcareinstitute.com/resources/take-a-moment/>



AIPEACS wishes you all the best for the new year.

We look forward to meeting up with all our friends in Japan when international travel has returned. As always, please do not hesitate to email me if I can be of any assistance.

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Julie