

Letter to the Editor

Cite this article: del Castillo F. Insights on stress, resilience, and self-care. *Disaster Med Public Health Prep.* 17(e252), 1. doi: <https://doi.org/10.1017/dmp.2022.233>.

Corresponding author:

Fides del Castillo,
Email: fidesdelcastillo@gmail.com

Insights on Stress, Resilience, and Self-Care

Fides del Castillo EdD

De La Salle University, Manila, Philippines

To the Editor,

In a recent article, Zhang et al. determined the sociodemographic and psychological predictors of resilience among frontline nurses fighting the coronavirus disease 2019 (COVID-19) pandemic.¹ Indeed, most nurses experienced increased burnout, fatigue, and depression which affected their positive well-being. The result of their study suggested that appropriate measures should be taken to boost the nurses' resilience. Health-care professionals deal with traumatic and complex situations in handling the health crisis.² They are vulnerable and prone to depression, anxiety, and trauma. This author supports this assertion and adds that self-care be intensified not only for nurses but also for other community members who are COVID-19 frontline responders, which includes the ministers and pastoral caregivers.

As of writing, there are more than 540 million people who were infected by the COVID-19 and 6,322,495 died because of the complications of the virus.³ During the insufferable condition of the patients and the grief of family members support is necessary. In many communities, ministers and pastoral care workers provide services to grieving families, church members, and parishioners.⁴ They oversee the spiritual, pastoral, emotional, and psychological well-being of the people they supervise. Spiritual caregivers are needed for COVID-19 victims. Spiritual caregivers are needed to listen to, and pray with, the people they serve, giving them hope, guidance, and strength. The stress and fatigue ministers and caregivers experience from these tasks can be significant. Self-care is a key component of dealing with burnout and fatigue.

To provide caregivers and ministers with a safe space, self-care must be promoted using the heart, head, and hands dimensions.⁵ In order for caregivers and ministers to be able to take care of themselves, the heart dimension emphasizes self-awareness. It includes paying attention to the physical and emotional reactions triggered by a situation. Having an awareness of unfinished personal loss material and the ability to help others in ministry can have a great impact on self-awareness. Moreover, the head dimension refers to helping grieving people while understanding the complexities of grief and physical suffering. Caregivers and ministers must also set aside time for personal healing and growth. This helps bring a sense of renewal to the individual. As a final component, the hands dimension pertains to care providers' interventions. As the ministers lend their hands to others, they must also seek solace from their colleagues and superiors. They need the time to be heard and cared for by other people, and it will allow them to rejuvenate. Hence, managing stress and boosting resilience requires self-care for quality living and a better society.

References

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