



TAKING OUR PSYCHOLOGICAL VITAL SIGNS

We doctors tend to forget ourselves in order to take care of others. Even more so when an emergency situation arises, we jump into action and there is no stopping us.

However, we need to take the time to stop and take a break to reconnect with ourselves, paying attention to our physical and psychological state. What are the signs to look out for to prevent burnout?

Asking how we are doing is the starting point for a process of resilience.

A practical self-assessment tool

The Psychological Health Barometer allows us to take our psychological vital signs at a glance. Used on a daily basis, it helps us to maintain our balance in times of prolonged stress and in the aftermath of a troubling event.

No matter which zone we are in, and even if our state fluctuates, the important thing is to give ourselves the means to return to the green zone.

PSYCHOLOGICAL HEALTH BAROMETER

	HEALTHY	REACTIVE	FRAGILE	IN CRITICAL CONDITION
SIGNS	Relaxed - Calm	Anxiety - occasional sadness	Anxiety - overwhelming sadness	Constant anxiety - Depression - Suicidal thoughts
	Sense of humor	Irritability - Misplaced sarcasm	Anger - Cynicism	Excessive anger - Aggressiveness
	Alert	Forgetfulness - Intrusive thoughts	Indecision - Lack of concentration	Inability to concentrate
	Restful sleep	Disturbed sleep	Restless sleep, nightmares	Too much or too little sleep
	Sustained performance	Feeling overloaded - Procrastination	Feeling overwhelmed - Poor performance	Inability to carry out tasks
	Confidence in self and others	Self-doubt	Doubting others	Suspicious
	Feeling good	Tensions and headaches	Physical pain	Physical illnesses
	Good energy levels	Lack of energy	Fatigue	Exhaustion
	Physically active	Decreased physical activity	Physically inactive	Lethargy
	Socially active*	Decreased social contact*	Social contacts avoided*	Cessation of contact with loved ones*
	Occasional and social consumption	Regular but controlled consumption	Consumption difficult to control	Abuse or addiction
STRATEGIES	Maintaining activities	Recover: slow down - rest	Recognizing that action is needed	Seek professional help quickly
	Practicing mindfulness	Equip yourself to preserve your psychological health	Recover: eliminate non-essential tasks	Confide in a peer or trusted person*
	Cultivating social ties*	Identify the difficulties	Confide in a peer or trusted person*	Considering sick leave
		Act on what you can change	Maintaining contact with loved ones*.	Reconnecting with loved ones*

* In the context of social distancing, voice or video calls are effective ways to maintain our social and family ties.

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