

DIY card set for medical professionals

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INSIDE-LIFE

Motivational sentences for unprecedented times.

A set of cards for medical staff with more than 1.000 powerful and confidence-building affirmations for everyday life in clinics and practices, in the home, in the laboratory, in the pharmacy, in emergency

It's as simple as this:

Cut out the cards and combine them randomly and whimsically until you find "your" set. Each set should consist of an INSIDE card and a LIFE card. The sentence you have found should feel right and speak to you from the heart.

- * Say the sentence out loud. Feel its effect.
- Write down your sentences.
- Carry the sentence with you or hang your sentences in your locker, in your car, or on your
- * Share your sentences with your team and talk about them.
- Lay out the cards in your break room and find inspiration and strength in the new combinations

Thank you for being there! Stay healthy!

INSIDE-LIFE (INNEN-LEBEN 2020) is an initiative of Dr. med. Michael Bohne and Dr. Sabine Ebersberger // Notes on use and distribution: www.innen-leben.org // www.creativecommons.org

INSIDE

Even though I'm working at my breaking point,

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Even though I have to make difficult decisions,

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INSIDE

Even though I'm exhausted,

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INSIDE

Even though I make mistakes in times like these,

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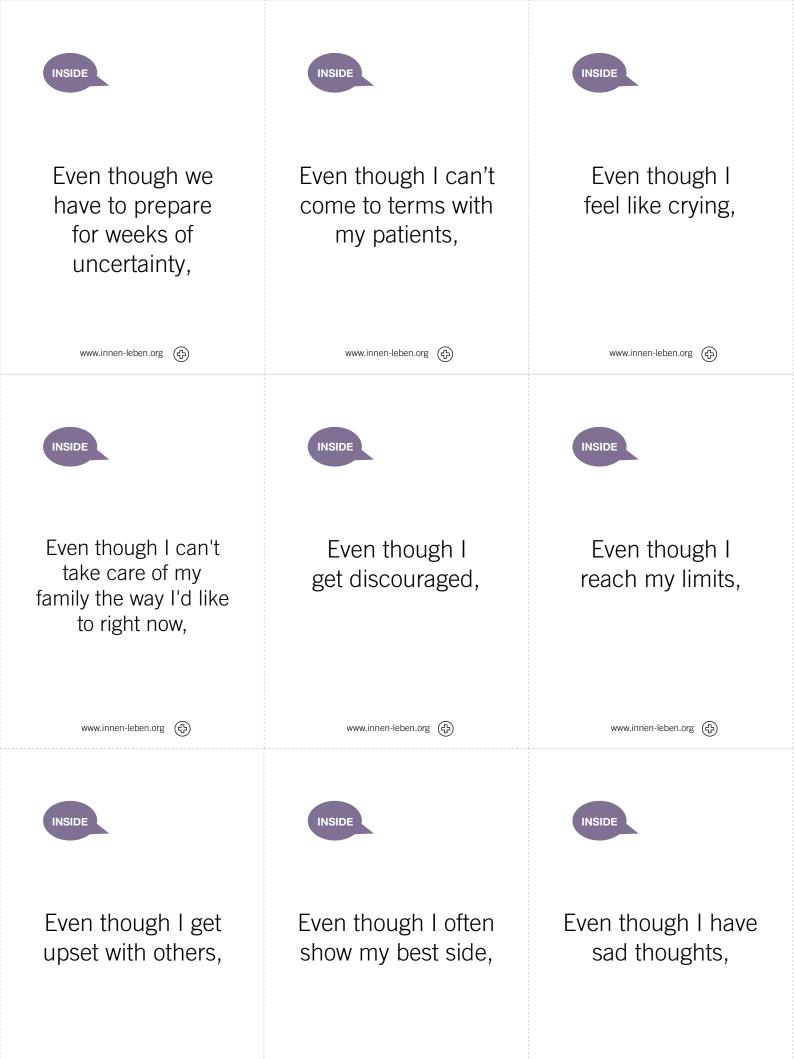
Even though I sometimes lack patience,

INSIDE

Even though I feel empty and burned out,

INSIDE

Even though I feel left on my own,





INSIDE

INSIDE

Even though protective material is not sufficiently available,

Even though I can't switch off my thoughts,

Even though I know we can't help everyone,

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INSIDE





Even though I'm afraid of catastrophe,

Even though I am annoyed by the flaws in the system,

Even though I feel like I'm just getting

things done,

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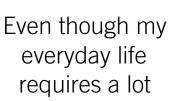
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Even though I fear for my own health, INSIDE

Even though the news is full of crises and disasters,

of energy,



INSIDE

INSIDE

Even though I am worried that after the crisis many things will not be the same as before,

Even though all of this is really getting on my nerves,

Even though I can't give my patients the best care,

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www.innen-leben.org (骨)



INSIDE

INSIDE

INSIDE

Even though I feel overwhelmed,

Even though I sometimes wish for a nice, calm home office,

Even though the situation is new to me,

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INSIDE

INSIDE

INSIDE

Even though it feels like the calm before the storm,

Even though I'm concerned about passing the virus onto others,

Even though I can't be everywhere at the same time,







I set aside a little time for myself every day.

I trust my competence and experience.

I know that this time will pass.

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LIFE





I'm doing the best I can.

I concentrate on my ability to act in the here and now.

I am and will always be human.

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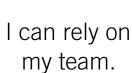


LIFE

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LIFE





I know that my thoughts and feelings come and go.

I think ahead to the year 2021 and how I will look back from then onto today.







I remain confident. I value and accept myself as I am.

I remember what motivated me to choose this profession.

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LIFE



LIFE



I'm aware that we're all doing a lot right now.

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I pay attention to what I have available to me and take breaks to recharge my batteries.





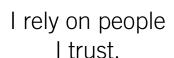
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In my spare time,

I take it easy.









I do what I can to feel safe and to maintain my health.



I'm on top of things.







I realize we share the same burden.

I respect my boundaries and can also say no.

I remain straightforward and appreciative in my remarks and attitude.

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LIFE







I know I am connected to the great community of all caregiving professions.

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I am pleased by society's current attention to and gratitude for our services.

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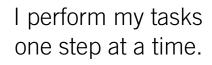
I stand up for

myself and

my needs.









I find what I do makes sense.



I look for what I need right now and think about who can support me.







I know about my strengths and capabilities.

despite spatial distances, I am deeply connected with my loved ones. I realize that nobody can be perfect.

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LIFE





I am proud of my achievements.

I recognize that my patients are appreciative.

I keep my sense of humor.

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I consciously take a short breather to become aware of myself.

Even though ...



