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INSIDE

LIFE

Motivational sentences for unprecedented times.

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 services...

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 mirror...
- * 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!

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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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Even though I'm exhausted,

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Even though I make mistakes in times like these,

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Even though I sometimes lack patience,

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Even though I feel empty and burned out,

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Even though I feel left on my own,

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Even though we
have to prepare
for weeks of
uncertainty,

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Even though I can't
come to terms with
my patients,

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Even though I
feel like crying,

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Even though I can't
take care of my
family the way I'd like
to right now,

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Even though I
get discouraged,

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Even though I
reach my limits,

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Even though I get
upset with others,

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Even though I often
show my best side,

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Even though I have
sad thoughts,

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Even though protective material is not sufficiently available,

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Even though I can't switch off my thoughts,

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Even though I know we can't help everyone,

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Even though I'm afraid of catastrophe,

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

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Even though I feel like I'm just getting things done,

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Even though my everyday life requires a lot of energy,

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Even though I fear for my own health,

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Even though the news is full of crises and disasters,

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

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

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

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Even though I feel overwhelmed,

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

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Even though the situation is new to me,

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Even though it feels like the calm before the storm,

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

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

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I set aside a little time for myself every day.

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I trust my competence and experience.

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I know that this time will pass.

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I'm doing the best I can.

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

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I am and will always be human.

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I know that my thoughts and feelings come and go.

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I can rely on my team.

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

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I remain confident.

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I value and accept myself as I am.

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I remember what motivated me to choose this profession.

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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.

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I rely on people I trust.

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

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I'm on top of things.

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I realize we share the same burden.

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I respect my boundaries and can also say no.

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I remain straightforward and appreciative in my remarks and attitude.

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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.

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I perform my tasks one step at a time.

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I find what I do makes sense.

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

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I know about my strengths and capabilities.

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despite spatial distances, I am deeply connected with my loved ones.

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I realize that nobody can be perfect.

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I am proud of my achievements.

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I recognize that my patients are appreciative.

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I keep my sense of humor.

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

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Even though ...

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www.flaticon.com/authors/good-ware