

DoveLewis[®]
**Third Thursday
Rounds**

March 18, 2021

Taking Care of You

Presented by
Cheryl Latta

2	Virtual Experience Guide
3	Lecture Notes
5	Blank Lecture Paper
7	Wellness Activities
11	VetWrap

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Virtual Third Thursday: Attendee FAQ's

Do I need to create my own Zoom account to attend?

No. You can access the webinar through the link in your confirmation email. Click the link that says, "Click Here to Join" at the time of the lecture.

Is there someone to help if I have trouble accessing the lecture?

Yes. Please reach us at contact@dovelewis.org if you're experiencing difficulties joining the meeting. During the lecture, you can use the "Raise Hand" function and someone will be able to help you.

Is attendance tracked?

Yes. As you register for the Zoom meeting, you will be asked to enter your information. Attendance is tracked for RACE records.

Is this lecture RACE approved?

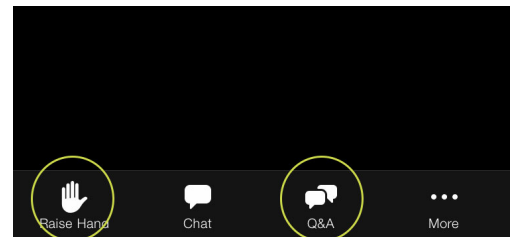
Yes. This lecture is RACE-Approved for one Interactive-Distance CE credit. You will receive an emailed certificate of attendance within one business day after the event.

Will I be able to ask questions?

Yes. If you have questions during the lecture, please use the Q&A function to submit your question. We will save questions for the end of the lecture.

Will I be able to talk?

No. All attendees will be in listen-only mode. If you have a question or need help, the Q&A or Raise Hand function.



Will the presenter or other attendees be able to see me?

No. All attendees will only have the capability to listen to the presenter.

How will I get my certificate?

You must register by using the Zoom link to prove attendance. You will receive an emailed certificate of attendance within one business day after the event.

Do I have to answer the poll questions?

No. The poll questions are optional, but we encourage you to try!

Can I record the lecture?

No. The lecture will only be recorded by DoveLewis, and will likely be available on atdove.org at a later date.

For more support, please email contact@dovelewis.org

Taking care of ourselves can be a challenge, even under the best of circumstances.

If you're anything like me, March 1, 2020 was a great time. I was traveling out of state, enjoying time with family, and even taking things I enjoyed for granted.

Then came March 13, 2020. Everything changed in an instant. I was required to work from home and my essential coworkers were required to take their temperatures before working and to wear masks at all times. The world around us was engulfed in uncertainty, due to a global pandemic.

As veterinary professionals, we are caregivers by nature. We strive to provide the highest standard of care to our patients. It's what we do. We often put their needs above our own – taking that senior Pomeranian with pancreatitis out for a potty walk, or taking a moment to snuggle a kitten with a URI instead of taking our much needed lunch break. We put their needs before our own. The same goes for our coworkers – we would often rather skip a needed rest break than to leave our coworker with double the work, even it's just for 15 minutes. It's the catch 22 of being a veterinary professional. We care.

This deep sense of caring for others first, whether it be for other humans or animals, takes a toll on us and our own well-being. We neglect ourselves and what we need to nurture and recharge ourselves.

Robyn Conley Downs defines self-care as “doing the things that make you feel more like yourself.”

Self-care, specifically during a pandemic, is crucial. We cannot successfully take care of others until we truly take care of ourselves. It's an easy sentiment, but much more challenging in actual practice.

I recommend creating a self-care checklist. Make it something fun and attainable, including topics and ideas like:

Emotional Wellness:

- Stay connected
- Create and stick to routines
- Allow yourself to feel your feelings

Spiritual Wellness:

- Utilize quiet time
- Journal
- Set goals

Intellectual Wellness:

- Teach yourself a new hobby
- Discover a new book or podcast

Physical Wellness:

- Get moving!
- Meal plan
- Create and practice good sleep hygiene

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Lecture Notes

Taking Care of You

Environmental Wellness:

- Get outdoors!
- Create the environment you want

Financial Wellness:

- Create and stick to a budget
- Create an emergency plan

Occupational Wellness:

- Stick to routines
- Connect with your supervisor

Social Wellness:

- Utilize video chats with friends and family

Stay mindful and in tune with yourself. It's ok to feel what you feel – happy, sad, down, tired. Your feelings are valid. These are challenging times for everyone, you are not alone. If you need extra sleep – take it! If you need some alone time – make it a priority! Remember; secure your own mask before securing others'. You are less good to those around you that you care about if you have a drained battery.

Make sure to utilize resources around you: friends, family, professional resources, etc. We often don't realize how big our support system is until we truly need it.

Your patients and coworkers are lucky to have you.

You are a limited edition. Take care of you.

Wellness Bingo!

Every March at DoveLewis, our staff celebrates Wellness Month which includes Wellness BINGO! This BINGO card is filled with activities that promote health, focus, and relaxation. These simple activities can be incorporated even in busy times, to give yourself the chance to step back and enjoy a little bit of self-care!

Drink 64 oz of water in a day	Meal prep for the week	Watch your favorite comedy	Read a book	Spend time outside in nature
Bring a healthy snack to work	Give yourself permission to be unproductive	Do 30 minutes of yoga	Get a good sleep session	Share a recipe with a friend
Try creating a budget	Exercise for 30 minutes	FREE SPACE	Unfollow people on social media that make you feel worse	Declutter an area in your home
Donate items to charity	Visit your favorite walking path	Snuggle a cute animal (patient snuggles count)	Cancel something you don't need	Try guided meditation
Start an art project	Reach out to someone you've been meaning to reconnect with	Try a new recipe for dinner	Find movement	Repeat your favorite activity from this bingo sheet



I CANNOT CONTROL



THE ACTIONS OF OTHERS

HOW OTHERS REACT



HOW LONG THIS WILL LAST



MY OWN SOCIAL DISTANCING

TURNING OFF the NEWS

MY Pawstive ATTITUDE

FINDING FUN THINGS TO DO AT home



LIMITING SOCIAL MEDIA



Grace & KINDNESS





Refer Your Patients Easily Online

INTRODUCING OUR NEW VETERINARY PORTAL

- ⇒ Refer patients quickly and easily 24/7
- ⇒ Upload patient records and images easily
- ⇒ Update referral records after submission
- ⇒ Access team tools like cost guides and checklists
- ⇒ Save time off of the phone!

Explore the Portal

DOVELEWIS.ORG/VETERINARY-PORTAL

atdove.org

WHAT WE BRING
HUMAN STORIES IN VETMED

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VetWrap

Volume 14 Issue 2

Coaching and Management

To Err is Human

In a shame and blame culture, do you think the individual who made the error is able to learn and grow from their mistake?

[Read more](#)



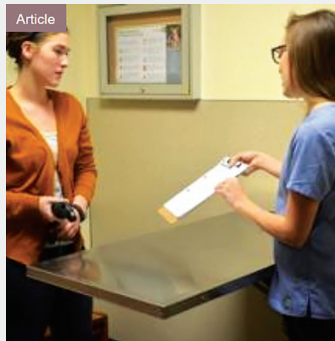
Online Training, Whenever You Need It

You and your team all have different learning goals, and we've got you covered. [Atdove.org](https://atdove.org) is your all-in-one online training resource that connects the whole team with high-quality training materials covering a wide range of topics. You can find resources on anything from basic restraint to client communication to advanced surgical techniques, and you can revisit materials whenever you need. Progress is saved directly to your profile and you can access certificates at any time.

Your First Week Is Free!

Activate your week-long trial by going to atdove.org and see what we can offer your team!

Efficient Recording Sharing: A CSR's Perspective



Facial Mass Removal



Handling Hedgehogs for Exams



How to Put on Personal Protective Equipment (PPE)

