**The R Words – Restoration, Regeneration, Renewal, Relationships and Respect. Dr Andrew Tresidder 1.6.20**

We entered the crisis already busy. Sequential advice brought frequent changes. We adapted, checked lists, ordered equipment and supplies. The recently retired re-entered the workforce. For some of us, things have been frantic. For others, a little quieter, now getting busier. For everyone – different.

Remote working, telephone and video calls, collect from the car park, Personal Protective Equipment, scrubs, different shift patterns, ever more frequent hand-washing. Distance staff room chats. No shaking hands. Fewer casual meetings. Getting busier now as pent–up demand starts to return, and we play catch-up on many things. Gratitude in a way not shown so publicly before.

What next? Restoration, or perhaps Renewal. Restarting work ‘in a different way’, sometimes with clear vision of what that is, sometimes evolving in a way not yet clear. Talk before you walk. Group on-line chronic disease management sessions. Uncertainty abounds.

What can we be sure of? Values are Vital. Respect, Relationships. Rest, Renewal. Respect for patients, Respect for colleagues, and above all, Respect for ourselves. Attending to our own needs – Respecting basic physiology. Water, food, fresh air, exercise, sunlight, nature. Respect – and nourish - our bodies, minds and souls – no-one else can do this for us. Rest – blessed sleep, screen free. And ‘The Day Off’ – vital for regular rest. Reflection (NOT rumination) from inner stillness.

Breathe – slowly, rhythmically, regularly, and using the abdomen – to reduce the pressure of Fight and Flight overdrive back down into the natural state of Rest, Digest, Chill and Repair – parasympathetic chill.

Long term – own oxygen mask first? Are we heroes, or human? Heroes maybe at understanding and helping illness and disease in others – but also humans with our own physiological needs and mammalian bodies. We need to know how to prevent our own health breakdowns. Nourish ourselves and our loved ones. Be grateful. Find things to be grateful for – this is helpfully selfish, as gratitude and wonder produce beneficial changes in our own neurochemistry.

Respect in our Relationships (to others, and also to our selves and our own bodies), and Renewal of Self. Go Well!