

Addressing Moral Distress

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The Witness to Witness Program

<https://www.migrantclinician.org/witness-to-witness>

- 1. Start each shift by remembering that your intention is to offer compassionate, competent care. Pause before entering a patient's room, take an in-breath, and recall intention.**
- 2. Notice sensations in the body that are signaling that you are in distress. Pause and take a few full breaths.**
- 3. Create a buddy system for each shift and check in with your buddy regularly through your shift. Even if this is just eye contact, be aware that you have a buddy.**
- 4. Think of a loved one every time you wash your hands and think about how much that person cares for you.**
- 5. Remind yourself of your intention to do no harm and recognize that circumstances, not you, may produce harms.**
- 6. Consider that you are in hugely challenging circumstances and that no one is an expert on the circumstances you face. Everyone, including you, is just doing the best that one can do.**
- 7. Recognize your body's signals that you are overly aroused and need to take a pause.**
- 8. Be kind to others whenever possible. Be kind to yourself whenever possible.**
- 9. Designate someone on each shift to offer appreciation at the end of the shift to those who have served. Preferably the acknowledgment and appreciation can be observed by at least one other person. This can be very brief.**
- 10. When you leave work, take good care of your body, mind and spirit. Eat nourishing food, allow yourself calming, pleasurable, easy activities. Connect with loved ones. Sit in silence to allow your soul to catch up with you.**