

Just Being You Is What I Need

Dear [person I love]

As you know, I'm a [Doctor/PANP/Nurse/Health Care Worker]. My job is important, and so are you. Even though I've had to miss some events due to my job, I love what I do. Serving others as a [Doctor/PANP/Nurse/Health Care Worker] has become a part of my identity, just like being with you is a part of my identity.

You may have guessed that sometimes it can be really hard to do my job. You've seen me come home exhausted after working the entire night or weekend. You've listened to funny and sad stories from my work. You might not have guessed this, but I have some fears. I am afraid of messing up, of accidentally hurting somebody, of catching the virus at work, and even fears that don't make sense.

However, I don't want you to feel afraid for me. I know now that if I wash my hands, and wear a mask and other gear, I'm not going to get infected! We are prepared and careful, so that we won't run out of supplies.

The next bit of time will be tough for all of us. When I'm at work, I may not be able to respond to your texts or calls right away. The mask and gear take time to put on and take off. But I promise to check in with you every day!

The new pressures of my job will make me tired. When I'm at home, I might seem quiet or distant. Remaining strong for people who are hurt and sick isn't easy. I need your help! Just knowing that you think about me brings me happiness. A kind word or a hug from you is like rocket fuel to my day! Spending time with you is how I recharge. But my batteries can be slow at times. I might just need some more time to exercise, walk, meditate, or be alone. But if you're worried about me, let me know. I'll listen.

I promise you that I will remain your #1 fan. I just need a little help from you to get through this time. I just want you to understand what I do, how much I love it, and how you can help. We will do this together and be back on track soon. Just be you.

Love,

[Doctor/PANP/Nurse/Health Care Worker] [Dad, Mom, Brother, Sister, Uncle, Aunt, Grandpa, Grandma, Friend]