

LifeSolutions

Support for health care workers



Feeling stressed is an experience that you and many of your colleagues are likely going through; in fact, it is quite normal to be feeling this way in the current situation.

Stress can be useful. Right now, the feeling of stress may be keeping you going at your job and giving you a sense of purpose. Managing your stress and emotional well-being during this time is as important as managing your physical health.

Normal Responses

Shock:	Feeling numb
Confusion:	Feeling lost
Anxiety:	Feeling anxious
Fear:	Feeling scared
Anger:	Feeling outrage
Denial:	Feeling helpless
Depression:	Feeling overwhelmed

Use strategies that have worked for you in the past to manage times of stress. Try these:

- Take breaks when you can at work
- Get enough sleep between shifts and when you are home
- Eat healthy foods
- Get some physical activity
- Stay in contact with family and friends
- Avoid relying on tobacco, alcohol, or other drugs

Stay connected (virtually) with your loved ones. As a health care worker, you are on the front lines. Your work is necessary and appreciated. However, you might at times feel as though your family and friends are avoiding you in case you become ill.

This is a scary time for many, and people are doing what they can to stay safe. Turn to your co-workers, manager, or other people you trust for support.

If you're concerned that you aren't dealing well with this crisis, or if you feel unable to handle the recent changes in your life, LifeSolutions is here to help. Call us at **1-844-833-0527** (TTY: **711**) for support at any point during this COVID-19 outbreak. We can talk with you by phone or video.

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www.lifesolutionsforyou.com

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