

## Challenges for Health Care Workers During the Pandemic

- Surge in patient care demands
- Ongoing risk of infection (self and family members)
- Equipment challenges
- Providing emotional support to patients, as well as medical care
- Psychological stress and fear in the outbreak setting
- Balancing work and family obligations
- Creating new family routines and addressing child care

## Replace “Social Distancing” with “Physical Distancing”

- While we have to maintain physical distance, we can remain social
- Reach out to family, friends, and colleagues via phone, Facetime, Zoom, etc. to support one another and reduce social isolation

## Stay Updated, Not Inundated

- Reply on trusted and reliable sources of information
- If you find yourself overwhelmed, take a media break or consider limiting media exposure

## Common Responses to Stress or Danger

- Anxiety, fear, grief, frustration, guilt, sadness, and anger
- Chest tightness, GI distress, pain, insomnia, and exhaustion

## Conduct Self Check-Ins

- Reach out for help when needed

## Honor Your Service

- Remember, you are fulfilling a noble calling!

## Meet Basic Needs and Stay Healthy

- Maintain hydration and nutrition
- Limit alcohol
- Get enough sleep
- Make time for exercise

## Take Breaks

- Do something that you find comforting, relaxing, or fun

## Respect Coping Differences

- Everyone deals with stress and danger differently