Health Care Worker Wellness During the COVID-19 Pandemic

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