

Covid-19 Resiliency, Self-Care, and Wellness Resources for Saint Mary's Health Network



Per the Centers for Disease Control and Prevention (CDC), reactions during difficult times can vary from person to person and may include:

- Concern and fear over your health and your loved ones
- Changes in sleep and eating
- Difficulty Concentrating on Tasks
- Difficulty coping with chronic health problems
- Increased use of alcohol, drugs and/or tobacco

It is normal to feel some degree of anxiety due to feelings of uncertainty. However, if your worry falls into the category of not sleeping, not eating, or excessive stress, please reach out to a professional, the House Supervisor, or the **Care24 Team (775-750-5379)**.

If you are overwhelmed with feelings, it is extremely important that you take care of yourself. We have the following recommendations for you that can help manage your emotions:

- Take time to experience and process what is happening.
- It is helpful to prioritize what needs to get done. Create a to-do list to ease cognitive overload.
- Reach out for support. Craving connection and unity is natural during times of stress. ***Social distancing does not mean social isolation.*** Reach out to family, friends, and colleagues. Leverage technology such as Facetime, Skype, Zoom, or WebEx for those who you cannot interact with directly face-to-face.
- Ask yourself, “What advice would you give to a friend?” Then, adhere to it.
- Do something that helps you keep your sense of normalcy
 - PHYSICAL ACTIVITY: Plenty of resources are available online and on YouTube for fitness-related activity in times of social distancing. Please reference the resource links below for some examples.
 - CREATIVITY: Tap into art, writing or reading while at home. At work, try and take a creative lunch break if this is what brings you joy.
 - NUTRITION AND SLEEP: Make sure you are drinking plenty of water, eating healthy meals, avoiding too much alcohol and other mind-altering substances and optimizing rest and sleep. ***Good nutrition and sleep improve mental functioning and supports the immune system, which can impact perceptions and improve healthy emotional responses.***

*This document was influenced by information from the VA, the CDC, a Wellness Team at Children’s Hospital Los Angeles, & Tahoe Forest Health Care.

Dealing with Stress in Healthcare Workers during the COVID Outbreak

The wellbeing and emotional resilience of health care workers are key components of maintaining essential health care services during the COVID-19 virus (coronavirus) outbreak. Therefore, it will be crucial to anticipate the stresses associated with this work and put in place supports for health care workers. Monitoring and assessment of mental health and wellbeing of health care personnel will be important, along with efforts to ensure their successful reintegration with work colleagues, should they themselves become infected.

Both institutional supports and self-care strategies are important. A strong service-orientation, a lack of time, difficulties in acknowledging or recognizing their own needs, stigma, and fear of being removed from their duties during a crisis may prevent staff from requesting support if they are experiencing stress reactions. Given this, employers should be proactive in encouraging supportive care in an atmosphere free of stigma, coercion, and fear of negative consequences.

Self-care for health care workers can be complex and challenging, given that people in these roles may prioritize the needs of others over their own needs. Therefore, a self-care strategy should be multi-faceted and phased properly to support the sense of control and contribution of health care providers without making them feel unrealistically responsible for the lives of patients. For instance, during work shifts, providers should engage in these behaviors:

- self-monitoring and pacing
- regular check-ins with colleagues, family, and friends
- working in partnerships or in teams
- brief relaxation/stress management breaks
- regular peer consultation and supervision
- time-outs for basic bodily care and refreshment
- regularly seeking out accurate information and mentoring to assist in making decisions
- keeping anxieties conscribed to actual threats
- doing their best to maintain helpful self-talk and avoid overgeneralizing fears
- focusing their efforts on what is within their power
- acceptance of situations they cannot change
- fostering a spirit of fortitude, patience, tolerance, and hope

At the same time, they should avoid:

- working too long by themselves without checking in with colleagues
- working "round the clock" with few breaks
- feeling that they are not doing enough
- excessive intake of sweets and caffeine
- engaging in self-talk and attitudinal obstacles to self-care, such as:
 - "It would be selfish to take time to rest."
 - "Others are working around the clock, so should I."
 - "The needs of survivors are more important than the needs of helpers."
 - "I can contribute the most by working all the time."
 - "Only I can do. . ."

If stress persists for longer than two to three weeks and interferes with functioning, health care workers should consider participating in formal mental health treatment.

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Mental Health / Stress Support Resources:

- Crisis Text Line (<https://www.crisistextline.org/>) Text HOME to 741741
- National Suicide Prevention Hotline (<https://suicidepreventionlifeline.org/>) 1-800-273-8255
- SAMHSA National Helpline (<https://www.samhsa.gov/find-help/national-helpline>) 1-800-662-HELP
- Northern Nevada Peer Support Network (<https://www.nnpsn.com/covid19>)
- Employee Assistance Program (<http://www.guidanceresources.com/>) Web ID: EAPComplete
- Disaster Distress Helpline (<http://www.disasterdistress.samhsa.gov/>) 1-800-985-5990
- Help Your Family De-Stress During Coronavirus Uncertainty (https://www.common sense media.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty?j=7697102&sfmc_sub=170740987&l=2048712_HTML&u=143305913&mid=6409703&jb=114&utm_source=media_nl_20200313_a&utm_medium=email)
- CDC Guidance for Managing Anxiety and Stress (<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>)
- VeryWellMind: (<https://www.verywellmind.com/>)
- Food Bank of Northern Nevada: 775-331-3663 (<https://fbnn.org/>)

Parenting and Homeschooling Resources

- Talking to Kids About Coronavirus (<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>)
- Just for Kids: A Comic Exploring the New Coronavirus (<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>)
- Help Kids Manage Anxiety Around Coronavirus (<https://gozen.com/coronavirus-anxiety/>)

Online and Home Learning

- Scholastic Learn at Home (<https://classroommagazines.scholastic.com/support/learnathome.html>)
- Ten Tips to Help Create a Home-Learning Environment (https://docs.google.com/document/d/1Hb4NrLR5xt7Uo1S0t7e-Xd_8bo56vNB4j1mnDau0msw/edit)
- Giant List of Ideas for Being Home with Kids (<https://docs.google.com/document/d/1QYbXo659cU-frGVdLFUd6avkyA4UXVrs--MEdABhK7s/edit>)
- Homebound Online Conference (<https://bravewriter.com/about/homebound/homebound-conference>)

At-Home Activities

- Boredom Busters: 110 Fun At-Home Activities for Families and Kids (https://familyguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2/?fbclid=IwAR1hX_LugV26dT55WCEINJy-dplhhY5v2VhSl7v8Sc3IOhzHXf7UbbXva9k)
- Brain Pop (<https://www.brainpop.com/>)
- Math Games (<https://www.mathgames.com/>)
- Cosmic Kids Yoga (movement) (<https://www.youtube.com/user/CosmicKidsYoga>)
- Go Noodle (movement) (<https://www.gonoodle.com/>)
- “My School is Closed Today Book” for Kids (https://matankids.org/cms/assets/uploads/2020/03/My-School-is-Closed-Today-final.pdf?fbclid=IwAR16Z1sNfwo9N0cUp7S8SGs_wVyXveoxCuYrjuuyPqrSowfsl6n0FdiEexQ)

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Free On-Demand Physical Activities Resources

- Online 15- minute easy yoga for stress and anxiety
- Online Yoga and Meditation Classes (<https://relief.ekhartyoga.com/>)
- Women’s Health Magazine Workouts (<https://www.womenshealthmag.com/workouts/>)
- Men’s Journal 8 At-Home Workouts (<https://www.mensjournal.com/health-fitness/8-at-home-workouts-to-lose-weight-and-build-muscle/total-body-burnout-workout/>)
- Blogilates at Home Pilates and Barre Workouts (<https://www.youtube.com/user/blogilates>)
- Fitness Marshall At-Home Dance Workouts (<https://www.youtube.com/user/TheFitnessMarshall>)
- POPSUGAR At-Home Workout Channel (<https://www.youtube.com/user/popsugartvfit>)
- Just Dance Workout Videos (https://www.youtube.com/channel/UChIjW4BWKLqpoiTrS_tX0mg)

Meditation & Mindfulness Resources

- Mindful USC (<https://mindful.usc.edu/>)
- Calm Free Meditations (<https://www.calm.com/blog/take-a-deep-breath.>)
- Controlling Coronavirus Anxiety (<https://www.psychologytoday.com/us/blog/erasing-stigma/202003/controlling-coronavirus-anxiety>)
- Just Breathe: 9 Tips for Managing Stress During the COVID-19 Pandemic (<https://www.workhuman.com/resources/globoforce-blog/just-breathe-9-tips-for-managing-stress-during-the-covid-19-pandemic>)
- Headspace (<https://www.headspace.com/>) (free for anyone with an National Provider Identifier (NPI) number)

Virtual Cultural Enrichment

- Virtual Museum Tours (<https://artsandculture.google.com/partner?hl=en>)
- Virtual National Park Tours (<https://artsandculture.google.com/project/national-park-service>)
- Virtual Tour of Mars (<https://artsandculture.google.com/project/national-park-service>)
- Live Feed of Monterey Bay Aquarium (<https://www.montereybayaquarium.org/animals/live-cams>)
- Live Feed of the San Diego Zoo (<https://zoo.sandiegozoo.org/live-cams>)
- Nightly Opera Stream (<https://www.metopera.org/nightly-opera-stream/>)

Other Resources Specific to Healthcare Workers and Prime Employees

- Managing Healthcare Workers’ Stress (https://www.ptsd.va.gov/covid/COVID_healthcare_workers.asp)
- Processing Feelings Common to Healthcare Workers During Covid (<https://www.whiteboardpsychology.com>)
- Saint Mary’s Caring Cupboard: 775-770-3350
- Prime’s Mental Health Support Line: 877-284-0574 8a-8:30p (PST)
- Care24 Team: (775-750-5379) 24/7

We care about you and your wellbeing.