

Reduce the Harmful Secondary Health Effects of COVID-19

Your focus is on care for others, but it can be at the expense of your own health. These tips can help you care for your own well-being as you provide the best care for your patients.



Self-Care: Transform compassion fatigue into compassion satisfaction

The outbreak of coronavirus disease 2019 (COVID-19) can be stressful. It's crucial that you take care of yourself. Try to:

- Talk about feelings with a trusted person and/or a mental health professional.
- Learn more about compassion fatigue and how it affects people.
- Commit to regular exercise.
- Develop a healthy diet.
- Get restful sleep.
- Develop hobbies outside of work.
- Develop positive coping strategies.
- Reach out to support groups and networks.

TIPS TO HELP YOU COPE IN THE WORKPLACE

- Filter information; get accurate and consistent communication out to your teams. Doing so helps avoid magnifying the crisis and uncertainty.
- Have regular check-ins/team huddles (preferably in the morning).
- Create opportunities to support one another.
- Work with leaders to manage information flow.
- Find ways to connect with teammates – meditate together, eat together, even if virtually.
- Take time to care for yourself.

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Support for Patients: Encourage patients with these tips

Everyone reacts differently to stress. A person's response to the outbreak can vary, based on background, community and other factors.

You can encourage patients to:

- Take breaks from watching, reading or listening to the news, as well as social media. (Hearing about the pandemic over and over again can be upsetting.)
- Take small but concrete steps to care for the body. For example, take deep breaths, stretch or meditate.
- Try to eat healthy, well-balanced meals, exercise regularly, get lots of sleep, and avoid alcohol and drugs.
- Make time to unwind and have fun.
- Connect with trusted friends to talk about concerns and feelings.
- Build de-stressing time or breaks into the day and add it to a calendar. Find ways to avoid spending excess energy. For example, trim out what's not productive.
- Set reminders or follow external cues to reset. For example, when stressed and tired, take a moment to sit down or take a power nap.
- Structure can be your friend. Set times to relax, connect with friends, colleagues or family (virtually or over the phone).
- Use technology to stay in touch. Opt for video chats to strengthen ties despite distance and allow non-verbal communication like facial expressions.

REFERENCES

- [cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html)
- UC Davis Office for Health Equity, Diversity and Inclusion – COVID-19 Coping as a Community Webinar, [youtube.com/watch?v=XADwZj7HADc](https://www.youtube.com/watch?v=XADwZj7HADc)



Support resources

Disaster Distress Helpline

1-800-985-5990

The Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

National Domestic Violence Hotline

1-800-799-SAFE (7233)

Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish and other languages.

National Suicide Prevention Lifeline

1-800-273-8255

Love is Respect National Teen Dating Abuse Helpline

1-866-331-9474

1-866-331-8453 TTY

Text "LOVEIS" to 22522

The main goal is to support survivors 24/7.

Rape, Abuse & Incest National Network's (RAINN's) National Sexual Assault Hotline

1-800-656-HOPE (4673).

Get help from a trained staff member from a sexual assault service provider in your area.

National Alliance on Mental Illness (NAMI) Helpline

1-800-950-NAMI (6264) or in a mental health crisis, text "NAMI" to 741741.