

Stress Management for Workers Exposed to Covid-19 Risk

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— *HELPING SAVE THE HEROES...* —

Stressors

(Intl. Red Cross, 2014)

- Risk of Contamination/Contaminating others
- Physical Isolation
- High level of Vigilance needed
- Strict Procedures
- Common symptoms can be mistaken for COVID-19
- High mortality rate
- Symptoms and rapid deterioration of patients

Stressors

(Intl. Red Cross, 2014)

- Conflicts with patient wishes and policy
- STIGMA!
- Overall consequences of the outbreak
- Conflicts with family
- Rumors/Misinformation

Stress Management

- Talk openly with family and friends...both about real and imagined concerns
- Learn as much as you can
- Learn from trusted sources
- Limit unhelpful media consumption
- Physical self care (rest, sleep, eating well, monitor your health)
- What has worked to cope in the past?
- Spiritual Support (if important to you)

Stress Management

- Use anxiety management techniques
- Monitor your attention to detail
- Monitor fatigue and energy level...REST
- Peer support
- Consider hotlines for peer support when necessary
- Structure time
- Exercise

Stress Management

- Monitor and talk with colleagues about feeling helpless/ hopeless/ inadequate...use CISM resources
- Consider “buddy system”
- Maintain contact with family if seperated
- Talk
- Journal to express reactions
- Avoid self medication