

Did You Know?

There is help available if you feel overwhelmed with emotions like sadness, depression or anxiety.

Click on the following link to visit the [Disaster Distress Helpline](#).

Call or text 1-800-985-5990

Speak to your employer about using your company's Employee Assistance Program (EAP).

Develop a Buddy System to support each other and monitor each other's stress, workload, and safety

- Get to know each other. Identify strengths and weaknesses.
- Set up times to check in with each other.
- Monitor each other for stress.
- Listen and share experiences and feelings. Acknowledge tough situations and recognize accomplishments, even small ones.
- Encourage each other to take breaks.
- Encourage routine sleep, exercise, and eating.
- Identify opportunities to have stress relief.

Practice mindful breathing several times a day. Take a moment for low and slow breaths before:

- Getting out of the car
- When you enter the work area
- Prior to entering a resident room

Take mini breaks at work and at home

Connect frequently with family, friends, colleagues, and your favorite community groups for social contact

Maintain routine and structure

Remind yourself:

- It is not selfish to take breaks.
- The needs of others are not more important than your own needs and well-being.
- Working all the time does not mean you will make your best contribution.
- There are other people who can help.

Simple Strategies for Health Care Workers to Manage Stress