



Health Care Personnel (HCP) Wellness During the **COVID-19 Pandemic**

Challenges for HCP During the Pandemic

- Risk of infection.
- Increase in care demands.
- Equipment challenges.
- Stress, fear, frustration, insomnia, exhaustion.
- Providing emotional support to patients when you are stressed yourself.

Give Yourself a Break

- Don't go down with the ship! If you get depleted, you can't care for others as well.
- Take a walk, listen to music, talk with a friend, keep laughing (with friends; online memes; a movie).
- Don't feel guilty taking a break; it leads to better care.

Anxious?

- First of all, it's normal. This is an anxiety-provoking crisis. Focus on what is in your power.
- Second, structure is your friend. Establish structure in your day, including scheduling breaks. Family and friend time is beneficial.
- Third, talk to others; sharing the burden is helpful.

Meet basic needs

- Maintain hydration and nutrition.
- Get enough sleep.

Stay Healthy!

- Limit alcohol.
- Make time for exercise.
- Enjoy sunny days.

- Friends and family may be able to lend a hand with child or home care duties.

Let Others Help You

- Friends and family may be able to lend a hand with child or home care duties.

Find the Positive

- Good things are happening around us, even in a crisis.
- We will get through this!

Replace “Social distancing” with “Physical Distancing”

- Emotional closeness is critical to wellness and helps boost the immune system!
- While we have to maintain physical distance, we can remain social.
- Reach out to family, friends and colleagues via phone, zoom, facetime, etc to reduce social isolation.

Stay updated but not inundated

- Rely on trusted sources of information.
- But if you find yourself overwhelmed, take a media break.

You are fulfilling a calling

- Taking care of those in need is noble.



To learn more about wellness resources go to
www.oumedicine.com/covid/wellness.

If you need to speak to someone, please call our mental health helpline at (405) 271-HERE.