Pandemics are Stressful.

Many healthcare workers are encountering unprecedented circumstances that may cause moral injury. Providing care to others during the COVID-19 pandemic can lead to stress, anxiety, fear, and other strong emotions. Moral distress can lead to feelings of self-criticism, shame, guilt, or disgust, depression or post-traumatic stress disorder. It may affect your well-being, the care you give to others while doing your job, and the well-being of the people close to you. It is critical that you recognize what stress looks like and know where to go if you need additional support.

Build Your Resilience.

- **American Medical Association:** [Managing Mental Health During COVID-19](#)
- **American Dental Association:** [COVID-19 Mental Health Resources](#)
- **American Hospital Association:** [COVID-19 Stress and Coping](#)
- **American Nurses Association:** [Mental Health Help for Nurses](#)
- **American Organizations for Nursing Leadership:** [A Resource Compendium for Nurse Leaders](#)
- **American Psychiatric Nurses Association:** [Managing Stress & Self-Care During COVID-19 – Information for Nurses](#)
- **Centers for Disease Control and Prevention (CDC):** [Managing Fatigue During Times of Crisis: Guidance for Nurses, Managers, and Other Healthcare Workers](#)
- **Center for the Study of Traumatic Stress:** [Fight COVID-19 with Better Sleep Health: A Guide for Hospital Workers | Supporting Families of Healthcare Workers Exposed to COVID-19 | Sustaining the Well-Being of Healthcare Personnel during Coronavirus and other Infectious Disease Outbreaks](#)
- **Substance Abuse and Mental Health Services Administration:** [Tips for Healthcare Professionals: Coping with Stress and Compassion Fatigue](#)
- **Mental Health America:** [Frontline COVID-19 Workers](#)
- **Mindful Healthcare Collective:** A collective of physicians dedicated to providing free, evidence-based sessions (including yoga, meditation, mindfulness) to reduce stress for all healthcare professionals
- **Behavioral Health Services:** [How to manage your mental health and cope during COVID-19](#)

Free and Immediate Help is Available.

- **Access & Crisis Line:** 888-724-7240
- **Care 4 Caregivers Now:** 1-800-241-2466 Connects caregivers serving on the front lines of the pandemic with a trained peer coach
- **Physician Support Line:** 1-888-409-0141 Psychiatrists helping physicians and medical students navigate intersections of their personal and professional lives
- **National Suicide Prevention:** 1-800-273-TALK (8255)
- **National Domestic Violence:** 1-800-799-7233 or TTY 1-800-787-3224

Cope with Stress.

- Recognize that you are performing a crucial role and doing the best you can with the resources available.
- Honor service. Remind yourself of the important work you are doing. Recognize colleagues for their service.
- Communicate with your coworkers about job stress. Identify factors that cause stress and work together to identify solutions.
- Access confidential mental health resources in your workplace (e.g., Employee Assistance Program).
- Take breaks during your shift to rest, stretch, or check in with your support system.
- Do things you enjoy during non-work hours.
- Limit time spent watching, reading, or listening to news or social media.
- Engage in mindfulness techniques (e.g., breathing exercises and meditation).
- Ask for help if you feel you may be misusing alcohol or other drugs (including prescriptions).
- Try to get adequate sleep and eat healthy meals.

Source: [Healthcare Personnel and First Responders: How to Cope with Stress and Build Resilience During the COVID-19 Pandemic](#) and [Coping with Stress](#) (CDC) | Revised 05/21/2021

For the latest updates on COVID-19, visit: [www.sandiegocounty.gov/COVIDHealthProfessionals](#)