Healthcare professionals are facing the effects of the COVID-19 pandemic head-on. Juggling the competing demands of caring for your patients and your own family/loved ones can be especially challenging for providers and hospital staff during this uncertain time. Below are some strategies you can try to alleviate some of this stress we are all experiencing during this time.

### VISION
Look at pictures of a beach/sunset, friends and family, or cute animals on your phone/computer.

### HEARING
Listen to music or relaxing sounds (e.g. rainfall), play a musical instrument, sing, or listen to a podcast.

### SMELL
Smell fresh brewed coffee, put on your favorite lotion, or light a good-smelling candle (not while you’re at work!).

### TASTE
Drink your favorite beverage, practice mindful eating, or drink something hot or cold.

### TOUCH
Splash cold water on your face, touch something soft, squeeze a stress ball, relax with a heating pad, or cuddle with a pet.

### TIPS FOR GOING ABOUT YOUR DAY AT WORK OR AT HOME:

<table>
<thead>
<tr>
<th><strong>Pace Yourself</strong></th>
<th><strong>Take Breaks at Home and at Work</strong></th>
<th><strong>Breathe</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Be mindful of signs of fatigue, irritability, or poor focus and recognize when you need to take a break to cope with these emotions.</td>
<td>Get up and stretch, exercise, try to go outdoors whenever possible, go to the Healing Garden.</td>
<td>Take a minute to focus on deep breathing before getting out of the car, entering your work area or a patient room, or starting a procedure. This can help set the tone for what you’re about to do.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Distraction</strong></th>
<th><strong>Maintain Structure</strong></th>
<th><strong>Promote Teamwork</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Think about ways to elicit different emotions; watch a funny TV show, listen to upbeat music, use a fidget spinner.</td>
<td>Create a space for you, your children, and/or your significant other to work from home, make a realistic schedule, and plan breaks throughout your day.</td>
<td>Set realistic expectations with coworkers about workload and with members of your household about child care and chores.</td>
</tr>
</tbody>
</table>
AVOID EXCESSIVE EXPOSURE TO MEDIA COVERAGE.
Designate a specific time of day and amount of time to check the news. Use a reliable, diverse selection of sources. Feeling overwhelmed? Turn the TV off or put the phone away.

TAKE CARE OF YOUR BODY.
Plan out your meals and keep them healthy and well-balanced. Set a few, achievable exercise goals per week. Maintain a healthy sleep routine.

UNWIND!
Remind yourself that strong feelings will fade. Engage in activities you enjoy! (color, read a book, take a walk, shop online, call a friend, journal, cook a meal, plan a movie night, make a pile of clothes to donate later).

CONNECT WITH OTHERS.
Express your concerns and feelings with a trusted friend or family member. Send supportive and positive messages to coworkers or friends. Be spontaneous! It feels great to get a message you’re not expecting, and it feels even better to send one. Do something nice for someone else.

MAINTAIN A SENSE OF HOPE AND POSITIVE THINKING.
Practice gratitude; focus on your values. Write down what you are thankful for. Share your lists with coworkers, or save them for yourself to read before going to bed.

Additional Tips from the CDC:

If you are an emergency responder, check out the CDC’s additional tips for taking care of yourself: www.emergency.cdc.gov/coping/responders.asp