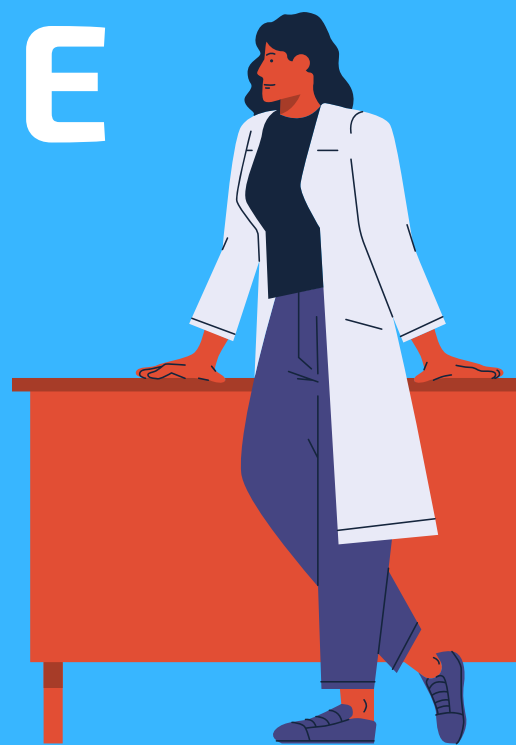


COPING STRATEGIES FOR HEALTHCARE WORKERS



REACH OUT FOR SUPPORT

Talk to your family and friends whenever possible about your fears and worries. Allow yourself to be off-duty when at home so that you can rest. Talk about how you are feeling and what you are thinking.



SET BOUNDARIES

Limit time spent watching the news. Carve out protected time to engage in other relaxing and meaningful activities. The boundary that you set may vary day to day depending on how you feel and your tolerance level.



USE GROUNDING TECHNIQUES

Try to ground yourself daily by using your senses (what you see, hear, touch, smell, or taste) to be in the present moment.



PRACTICE SELF COMPASSION

Be kind to yourself. Notice your thoughts and emotions without judging them. You are a human being and you are not perfect. Focus on the things that are in your control. Celebrate successes, big and small.