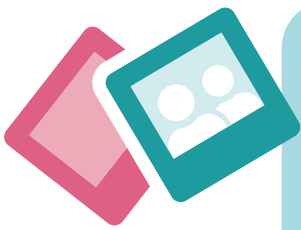


COVID-19 (Coronavirus)

Coping during COVID-19

A guide for emergency and health care professionals



Create a coping plan for yourself.

This might include carrying photos of loved ones or special places, breathing tools, a meditation app, or a quick walk away from a stressful situation.

Identify your markers for stress.

When you feel them, take a break.

Try creating a schedule.

Do something each day you will enjoy.

Practice self care.

Exercise, eat regular meals, and keep a regular sleep schedule.

Avoid over-using substances like alcohol.

Make it clear to others when you are on duty and when you are off duty.

Establish boundaries around taking calls and being available.

Do things in your off time.

Engage in hobbies that aren't related to your work.

Stay in touch.

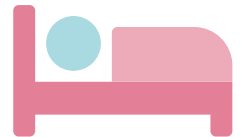
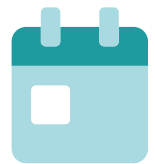
Connect with coworkers, friends, and family that are supportive.

Take time to highlight the impact of your work.

Celebrate victories (even little ones).

Supervisors and managers can lead by example.

Take regular work breaks and verbally support colleagues. Use your employee assistance program or reach out for counseling services.



It is okay to ask for help.

Spread the Facts

coronavirus.wa.gov