

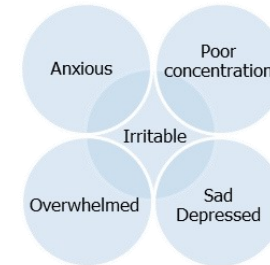
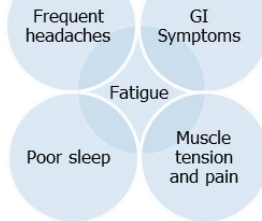
AS FRONTLINE CARE PROVIDERS, TAKING CARE OF PATIENTS IS WHAT YOU DO SO...

- **Take care of each other** so you can care for your patients
- Do it for your patients, team members, and family

Staff Supporting Staff (SSS)

Working in these uncertain times can take it's toll.
How are you doing?

Know the signs of stress and find support, you are not alone!



STRESS: WHAT CAN YOU DO ABOUT IT?

We can't always **control the stressors** we are faced with, but we can become **resilient** to them through self-care

- Try to incorporate **one new self care** measure at a time, small steps are usually more successful



Let technology work for you!
Download/use a deep breathing or stress management app or listen to your **favorite song**

Stay up to date, don't inundate:
Be selective and let social/news media outlets work for you. Social distance at home but **do not isolate yourself!**



TAKE
A
WALK

Support and encourage each other to take steps towards resilience



STAY
HYDRATED



Close your eyes and imagine your favorite place for a **few minutes** to de-stress



E
A
T



Have **regular** well balanced meals and **healthy** snacks when ever possible



S
L
E
E
P



Darken room, **remove electronic devices 30 minutes before bed**, minimize large meals, caffeine, alcohol before bed, try to get **at least 7 hours**



Pause **briefly** to take a **deep breath** or two and **stretch**

