

MENTAL HEALTH TIPS FOR HEALTH CARE PROFESSIONALS



TAKE CARE OF YOURSELF

So you can take care of others

Stay home if you feel sick. Step outside and take three deep breaths. Give yourself a little grace. Let some at-home chores slide.

PROTECT YOUR MENTAL HEALTH

So you do not feel overwhelmed

Limit your exposure to COVID-19 news and social media posts. Meditate or pray for a few minutes each morning to start your day. Connect with someone you care about by text or video chat. Share your feelings.



GET REGULAR EXERCISE

Especially on your days off, find time to be active, preferably outdoors. Garden, dance, walk – try 30 minutes each day. On busy days, stretch or meditate.



Set a schedule to go to sleep and wake up at the same time. Unwind with a bath or shower, a book, a cup of tea or relaxing music. Unplug from screens at least one hour before bedtime.



GET GOOD REST

EAT WELL AND STAY HYDRATED

Get family involved in meal prep. Try new, healthy recipes. If time is short, plan some easy, grab-and-go meals or quick snacks. Treat yourself from time to time. Order takeout to give yourself a break and to support local business.



SEEK HELP WHEN YOU NEED IT



If distress impacts your daily activities for several days or weeks, talk to a clergy member, a counselor or a doctor. You can also contact your employee assistance program or call the SAMHSA Disaster Distress Hotline at 1-800-985-5990.



Drink water and then drink some more water. Remember that staying hydrated is important to many aspects of your health.

THANK YOU FOR ALL YOU ARE DOING TO CARE FOR OUR COMMUNITY!