# Healthcare Providers: Coping with Stress During COVID-19

For many healthcare workers, burnout is not an unfamiliar concept. However, the current coronavirus pandemic has presented a unique and widespread challenge for clinicians who are responding to this public health emergency. Many may experience increased stress, anxiety, depression, substance use and even suicidal thoughts. If you're feeling the symptoms of burnout, remember that in order to care for others, you must also take care of yourself and your mental health.

Here are some ways you can stay healthy and support your overall well-being:

- **Meet your basic needs.** Regularly eat, drink water, sleep and exercise. It sounds simple, but if you're lacking any of these things, it can impact your ability to do your job effectively.
- **Limit your exposure to the news.** You should use reliable sources to stay up to date, but too much bad news may increase stress and anxiety.
- **Rest when you can.** Give yourself a break to do something you enjoy and relax. This will help your reset and re-energize.
- **Lean on your support system.** Staying connected and communicating regularly with colleagues, friends and family will help you avoid isolation, fear and anxiety.
- **Monitor how you're feeling.** If you're experiencing prolonged symptoms of depression or stress, reach out for help from a peer, supervisor or a mental health professional.

Above all, show yourself some kindness during this challenging time and know that you are not alone. Help is always available.

**Additional resources**

Mental Health America: Compassion Fatigue, Empathy Burnout For Health Care Workers: Which Is It?

National Center for PTSD: Managing Healthcare Workers' Stress Associated with the COVID-19 Virus Outbreak

AMA: Caring for our caregivers during COVID-19

Mindful: Mindfulness for Healthcare Workers During COVID

myStrength: COVID-19 and Mental Wellness

## New Directions is here for you.

We're available to support you 24 hours a day, 7 days a week.