

Coronavirus Disease 2019 (COVID-19)



For additional information:
coronavirus.ohio.gov
1-833-4-ASK-ODH / 1-833-427-5634
Ohio Department of Health
Coronavirus Call Center

Managing Stress TIPS FOR FACILITY ADMINISTRATORS

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger. But you can't take care of others if you don't first take care of yourself, especially amid a global pandemic.

In addition to what's noted below, as administrators, you may have additional issues and concerns.

Things you can do to support yourself:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about a stressful event repeatedly, such as COVID-19, can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Take time to unwind. Do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Increased use of alcohol, tobacco, or other drugs.
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes.
- Anger or short temper.



Additional Administrator Issues / Concerns

- When will the situation be safe and secure?
 - How are my staff responding to the circumstances?
 - What can I do to mitigate the negative impacts of this incident while learning from the positive ones?
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- ✓ You can help yourself by understanding that you, like your staff, are having normal reactions to very abnormal circumstances.
 - ✓ Remember that in order to help others, you must take care of yourself. You need to follow the recommendations of medical professionals. Rest, improve your diet, give yourself time to re-charge and re-refresh, give yourself a break from the constant newsfeed.
 - ✓ Walk around and talk to your staff. Ask how they are doing and listen to what they say. If someone asks you, answer them honestly and sincerely.
 - ✓ Even something like a Post-It note thank you for their hard work will be more appreciated than you know. A smile and sincere “thank you” will help them immensely. Let them know you notice, and it’s appreciated.
 - ✓ Look and listen to your staff. If they need assistance in dealing with this crisis, make that assistance available. Identify policies and procedures that support staff self-care.

Text the keyword “**4hope**” to [741 741](tel:741741) to be connected to a trained Crisis Counselor within 5 minutes.

Any person may need help in coping with a stressful situation. Reach out by text to communicate with someone trained to listen and respond in a method that is private, secure and confidential.

The Crisis Text Line is a free, confidential service available 24/7 via text on mobile devices.

Throughout Ohio, you can text the keyword “**4hope**” to [741 741](tel:741741) to be connected to a trained Crisis Counselor. Data usage while texting Crisis Text Line is free and the number will not appear on a phone bill with the mobile service carrier. People of all ages can use Crisis Text Line.



You are not alone.

Other Resources:

The Ohio Department of Mental Health and Addiction Services (OMHAS) Help Line
[1-877-275-6364](tel:1-877-275-6364)

OMHAS Director Lori Criss – Managing Coronavirus Related Stress
https://www.youtube.com/watch?v=wTmJac_eTf8&feature=youtu.be

Disaster Distress Helpline

[1-800-985-5990](tel:1-800-985-5990)

1-800-846-8517 TTY

Text "TalkWithUs" to [66746](tel:66746)

Spanish-speakers: Text "Hablanos" to [66746](tel:66746)

Available 24 hours a day, 7 days a week, year-round

Additional Resources:

Guided Meditation

<http://www.ilivethelifeilove.com/10-best-guided-meditations/>

Meditation Relax Music

<https://www.youtube.com/user/YourRelaxMusic1>

Please contact the Ombudsman with concerns: 1-800-282-1206



VISIT [CORONAVIRUS.OHIO.GOV](https://www.coronavirus.ohio.gov) OR CALL [1-833-4-ASK-ODH](tel:1-833-4-ASK-ODH) FOR ANSWERS.