

# 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 HEALTH CARE PROVIDERS

As health care providers, we are trained to focus on our patients and their needs. Implied in that training is to ignore our own emotions, thoughts, and needs. But doing so can lead to anxiety, depression, and compassion fatigue, burn out and even trauma, affecting us physically, mentally and spiritually. If we let that happen, no one is served well, including our patients.

Here are tips for recognizing and preventing stress. Remember – **You Are Not Alone.**

### What can stress look like?

- **Emotional** — Irritability, feeling numb or detached; feeling overwhelmed or maybe even hopeless. Lack of feeling or empathy or impersonal response toward one's clients or patients.
- **Self Esteem** — Feeling a lack of personal achievement, general worsening self-confidence.
- **Physical** — Muscle tension, headaches, stomach pain, racing heart and sweating. You may also experience low energy or fatigue. On the other hand, you may feel restless, on edge or agitated.
- **Behavioral** — Changing your routine or engaging in self-destructive coping mechanisms, eating and sleeping poorly (too much or not enough) and inappropriate substance use.
- **Professional** — Experiencing low performance of job tasks and responsibilities; feeling low job morale. Cynicism and negative attitude toward one's clients, affecting patient satisfaction and outcomes.
- **Cognitive** — Experiencing confusion, diminished concentration, and difficulty with decision making. Becoming easily distracted, experiencing trauma imagery (seeing events over and over again).
- **Spiritual** — Questioning the meaning of life or lacking self-satisfaction.
- **Interpersonal** — Physically withdrawing or becoming emotionally unavailable to your co-workers or your family. Strained personal relationships or marriages.



## What CAN You Do?

- **Follow a healthy lifestyle.** Protect your health. Eat healthy foods and exercise regularly. Avoid substance use.
- **Practice good sleep hygiene.** Make time for rest and relaxation on a regular basis.
- **Make wellness part of everyday life.** Prioritize emotional health to improve resilience and manage stress. Exercise, spend time by yourself, meditate, explore mindfulness and deep breathing exercises. If possible, take a walk for 30 minutes each day.
- **Schedule annual checkups.** Take care of your body so you can face adversity with strength and stamina.
- **Connect with friends and family.** Supportive relationships are important to everyone's well-being. Connect with a colleague or workplace mentor to think through helpful strategies for managing stress at work. Stay in touch with family through telephone calls or video calls using Facetime, Zoom or other platforms.
- **Seek support from a support group or mental health professional.** These are unprecedented times. The responses listed above are normal and can be expected. They may be temporary, short-lived or long lasting. Seek mental health treatment to develop or enhance effective coping strategies. Mental health treatment works.

**If you have suicidal thoughts, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), available 24 hours a day, 7 days a week. A lifeline chat is available at [SuicidePreventionLifeline.org](https://www.SuicidePreventionLifeline.org).**

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](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.**