



International Critical Incident Stress Foundation, Inc.

## Stress Management for Workers Exposed to Covid-19 Risk

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### Stressors

(Intl. Red Cross 2014):

- Risk of Contamination/Contaminating others
- Physical Isolation
- High level of Vigilance needed
- Strict Procedures
- Common symptoms can be mistaken for COVID-19
- High mortality rate
- Conflicts with patient wishes and policy
- STIGMA!
- Overall consequences of the outbreak
- Conflicts with family
- Rumors/Misinformation
- Symptoms and rapid deterioration of patients

### Stress Management:

- Talk openly with family and friends...both about real and imagined concerns
- Learn as much as you can
- Learn from trusted sources
- Limit unhelpful media consumption
- Physical self-care (rest, sleep, eating well, monitor your health)
- What has worked to cope in the past?
- Spiritual Support (if important to you)
- Use anxiety management techniques
- Monitor your attention to detail
- Monitor fatigue and energy level...REST
- Consider hotlines for peer support when necessary
- Structure time
- Exercise
- Monitor and talk with colleagues about feeling helpless/ hopeless/ inadequate...use CISM resources
- Consider “buddy system”
- Maintain contact with family if separated
- Talk
- Journal to express reactions
- Avoid self-medication
- Peer support