Novel Coronavirus COVID-19

Petersen
Health Care

COPING WITH STRESS
AS A HEALTHCARE EMPLOYEE

Take breaks

Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.

Take care of your body. Take deep breaths and stretch. Try to eat healthy, well balanced meals, exericise regularly, get plenty of sleep and avoid alcohol.

Take care

Make time

Make time to unwind. Try to do some other activities you enjoy, such as reading, putting together a puzzle, or doing yoga.

Connect with others. Talk with people you trust about your concerns and how you are feeling.

Connect

Workplace stress can affect every aspect of your life and can even alter your physical well-being.

Stress is a tension you feel and a reaction you have to a situation or event. Some stress can be "healthy stress" – *the kind that challenges you and energizes you psychologically and physically* – while many times it is "unhealthy," leaving you feeling overwhelmed and anxious, i.e., "stressed out."

Take advantage of these practical ways to prevent stress from overtaking your life at work & at home.

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