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**TIPS TO COPE AND ENHANCE YOUR RESILIENCE.**

* Communicate with your coworkers, supervisors, and employees about job stress.
	+ Talk openly about how the pandemic is affecting your work.
	+ Identify factors that cause stress and work together to identify solutions.
	+ Ask about how to access mental health resources in your workplace.
* Remind yourself that everyone is in an unusual situation with limited resources.
* Identify and accept those things which you do not have control over.
* Recognize that you are performing a crucial role in fighting this pandemic and that you are doing the best you can with the resources available.
* Increase your sense of control by keeping a consistent daily routine when possible — ideally one that is similar to your schedule before the pandemic.
	+ Try to get adequate [sleep](https://www.cdc.gov/niosh/docs/2015-115/default.html).
	+ Make time to eat healthy meals.
	+ Take breaks during your shift to rest, stretch, or check in with supportive colleagues, coworkers, friends and family.
* When away from work, get exercise when you can. Spend time outdoors either being physically activity or relaxing. Do things you enjoy during non-work hours.
* Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting and mentally exhausting, especially since you work with people directly affected by the virus.
* If you feel you may be [misusing alcohol or other drugs](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/alcohol-use.html) (including prescriptions), ask for help.
* Engage in [mindfulness techniquesexternal icon](https://www.mindful.org/), such as breathing exercises and meditation.
* If you are being treated for a mental health condition, continue with your treatment and talk to your provider if you experience new or worsening symptoms.

**KNOW WHERE TO GO IF YOU NEED HELP.**

If you’re concerned that you or someone in your household may harm themselves or someone else:

* [National Suicide Prevention Lifelineexternal icon](http://www.suicidepreventionlifeline.org/)
	+ Toll-free number 1-800-273-TALK (1-800-273-8255)
	+ The [online Lifeline Crisis Chatexternal icon](http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx) is free and confidential. You’ll be connected to a skilled, trained counselor in your area.
* [National Domestic Violence Hotlineexternal icon](https://www.thehotline.org/)
	+ Call 1-800-799-7233 and TTY 1-800-787-3224

If you feel overwhelmed with emotions like sadness, depression, or anxiety:

* [Disaster Distress Helplineexternal icon](https://www.samhsa.gov/disaster-preparedness)
	+ Call or text 1-800-985-5990

If you need to find treatment or mental health providers in your area:

* [Substance Abuse and Mental Health Services Administration (SAMHSA) Find Treatmentexternal icon](https://www.samhsa.gov/find-treatment)

If you want more information on coping with stress and building resilience:

* [CDC Coronavirus (COVID-19) Stress and Coping](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html)
* [NIOSH Safety and Health Information for Healthcare Workers](https://www.cdc.gov/niosh/topics/healthcare/default.html)
* [Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Preparednessexternal icon](https://www.samhsa.gov/disaster-preparedness)
* [The Joint Commission Quick Safety: Developing resilience to combat nurse burnoutpdf iconexternal icon](http://www.jointcommission.org/-/media/tjc/newsletters/quick_safety_nurse_resilience_final_7_19_19pdf.pdf)

**COVID-19 Resources**

* [NIOSH Workplace Safety and Health Topic](https://www.cdc.gov/niosh/emres/2019_ncov.html)
* [CDC COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/)
* CDCINFO: 1-800-CDC-INFO (1-800-232-4636) | TTY: 1-888-232-6348 | Website: [cdc.gov/info](http://www.cdc.gov/info)