

# MIND YOUR HEALTH



## Mental Health Considerations During an Outbreak

### For Healthcare Workers

#### Managing Stress

For healthcare workers, feeling stressed is a very typical experience that you and your co-workers will be experiencing. Stress and feelings associated with it are by no means a reflection that you cannot do your job or are weak. Managing your stress and wellbeing during this time is as important as managing your physical health

#### Your Needs

Take care of your basic needs and employ helpful coping strategies. Ensure rest and respite during work or between shifts, eat healthy food, engage in physical activity, and stay in contact with friends and family. Avoid unhelpful coping strategies such as alcohol, tobacco or other drugs. This is a unique scenario for many, however using helpful strategies from past experiences can benefit you now.

#### Keep in Contact

Some workers may experience avoidance by their family or community due to stigma or fear. If possible, staying connected with loved ones through digital methods is one way to maintain positive contact. Turn to your co-workers, managers, or other trusted persons for social support as they may be having similar experiences to you.

#### Healthy Work Practices

Ensure good communication between your colleagues. See if your staff can rotate between high and low stress functions. Partner inexperienced workers with more experienced workers to provide support and monitor stress. Encourage and monitor work breaks. Implement flexible schedules for those impacted directly by a stressful event.

#### Mental Health Support

Ensure staff has access to mental health and psychosocial support services. Managers and team leaders may experience stress differently. It's important to have support services in place so managers can role-model self care strategies.

**Take care of your mental health - a healthy mind helps keep a healthy body**



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