

## Feature Article

### COVID-19: Resources for Healthcare Professionals and Other Caregivers

While most of the U.S. population has been adapting to quarantined life and other major life changes due to COVID-19, healthcare professionals are facing this pandemic on the front lines. Working in the healthcare field is already mentally and physically taxing, and now there is the added pressure of a health crisis and a new set of protocols to adhere to.

We compiled these resources for healthcare professionals, including individuals working as psychiatric hospital staff, nursing home or assisted living staff, or in any other caregiving capacity. The links below include information related to managing stress, overall self-care, and other resources with the goal of helping you through this challenging time.

Remember to pause for a moment when you can and incorporate something relaxing into your day, however small. It could be going for a walk with a family member, eating a nourishing meal, or listening to your favorite music. Now, more than ever, it is crucial to take care of not only your patients, but also yourself.

#### Managing Stress & Coping Strategies

[COVID-19 Coping Tips Webinar](#): For mental health professionals and healthcare workers (presented by Dr. Blaise Aguirre of McLean Hospital)

[Managing Healthcare Workers' Stress](#): An article that discusses strategies for maintaining wellbeing and emotional resilience during this health crisis, from the National Center for PTSD (published by the U.S. Department of Veterans Affairs)

[Psychological First Aid Video](#): Dr. Jess Calohan discusses an evidence-based early intervention for lessening psychological effects in a crisis for health providers and their patients (published by the American Psychiatric Nurses Association)

[Coping Strategies for Employees](#): Tips for keeping a healthy mindset during the COVID-19 health crisis (from Christine Tebaldi of McLean Hospital)

[Managing Stress During a Crisis for Supervisors](#): Provided by Occupational Safety and Health Administration

[Managing Stress and Self-Care](#): Geared toward nurses but useful for any health worker (provided by the American Psychiatric Nurses Association)

[CDC's Guide on Stress and Coping During COVID-19](#): Scroll to the bottom for information for responders on managing stress related to secondary trauma

[Tips for Preventing and Managing Stress](#): Tips for disaster responders (provided by Substance Abuse and Mental Health Services Administration)

#### Self-Care

[TED Talk - How To Be Your Best Self In Times of Crisis](#): Conversation with Susan David, Psychologist at Harvard Medical School, who discusses building resilience during a crisis, talking to children, and supporting those on the front lines

[Self-Care TED Talks](#): A playlist featuring various TED Talks that focus on the importance of self-care

[Working Out Boosts Brain Health](#): Getting regular exercise can help combat stress and boost mental health (provided by the American Psychological Association)

[10 Minutes of Yoga and Relaxation](#): Whether you've been sitting or on your feet all day, this short video can help with stiffness and tension (presented by Kate McHugh of McLean Hospital)

[Coronavirus and Mental Health](#): An article for health care workers about how to care for themselves during an infectious disease outbreak, written by Joshua Morganstein, MD (published by the American Psychiatric Association)

[Yoga with Adriene YouTube Channel](#): Numerous yoga classes that you can do from home to incorporate movement into your day, with nurture being the theme for April

[Mental Health and Psychosocial Aspects of COVID-19](#): Information for frontline workers on pages 15-16 (provided by the Inter-Agency Standing Committee)

[Mental Health Needs of Health Care Workers on the Frontline](#): Written by John Z. Ayanian, MD (published by the JAMA network)

[Managing Mental Health during COVID-19](#): Strategies and resources for health care professionals on the front line (provided by the American Medical Association)

[A Guide to Better Sleep for Hospital Workers](#): Provided by the Center for the Study of Traumatic Stress

[Self-Care for Health Providers](#): Strategies to manage stress during the COVID-19 crisis (published by the American Psychological Association)

[Mental Health and Psychosocial Considerations](#): Recommendations for healthcare workers beginning on page 2 (provided by the World Health Organization)





## This Month's Webinar: Coping with COVID-19 on the Front Lines: Stress Management Strategies for Healthcare Providers

Due to the intensity of their roles, first responders can experience varying degrees of anxiety, stress, and trauma that may go unaddressed or simply ignored until becoming a greater issue. This month's webinar will examine the unique symptoms and sources of stress and anxiety for first responders, the warning signs that should be heeded, and what can be done to manage, reduce, or eliminate the emotional forces that can impact one's life.

Watch this webinar any time throughout the month of June when you log in to IMPACT on the Web at [www.MyImpactSolution.com](http://www.MyImpactSolution.com).

### Monthly Highlights



#### National Awareness Topic: Men's Health Month

June is Men's Health

Month. On average, men die five years younger than women, and die at higher rates from nine of the top 10 causes of death. The Impact website has numerous resources to help promote men's health, including free health assessments.

#### COVID-19 Resource Center

In this special resource section of the Impact website, you'll learn about COVID-19, find resources related to the current spread of the illness, and discover the steps you should take to prepare your family for the daily living challenges that may arise.



Visit [www.MyImpactSolution.com](http://www.MyImpactSolution.com)  
Forgot your login information?  
Give us a call at 800-227-6007.

### Eldercare Spotlight

#### Safe Shopping as a Caregiver During the COVID-19 Pandemic

No matter what changes you encounter due to the COVID-19 pandemic, you still need to purchase food and household items. But how can you access these necessities safely and keep your vulnerable older loved ones well-stocked?

If demand for online services is too high, you may have to go to stores in-person to shop for a loved one. If the store has special guidelines, such as keeping distance in line, be sure to follow them.

You should also:

- Wear a face covering
- Wipe down the handle of the shopping cart with disinfectant wipes before and after use
- Pay with a credit or debit card to avoid physical contact when exchanging money
- Shop outside of peak hours, when possible
- Avoid having an older loved one go out to the store themselves. If it is absolutely necessary for them to go shopping, remind them of the above precautions. Encourage them to go within designated senior hours.

Contributed By: Benjamin Rose Institute on Aging

Information in IMPACT on Wellness is for general information purposes only and is not intended to replace the counsel or advice of a qualified health professional.

You can contact IMPACT Solutions for professional counseling and guidance 24 hours a day at 800-227-6007.

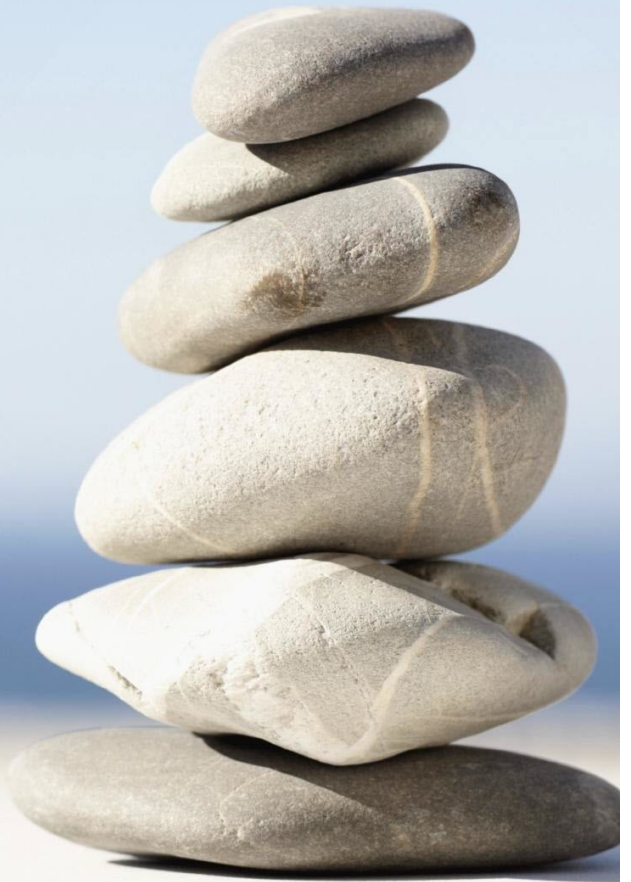
## *Mindfulness Coaching*

**Did You Know....** Mindfulness practice is a way to strengthen your ability to concentrate, relax, develop self-awareness, and new habits for paying attention that can decrease stress and internal friction? According to expert Jon Kabat-Zinn, “Mindfulness is the awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally to the unfolding of experience moment by moment”. It is a new way of relating to ordinary experiences that when practiced consistently over time, can result in new insights and shifts in perspective that improve your well-being and mood.

### **Who can benefit from Mindfulness Coaching?**

- Someone who finds it impossible to not respond to their cell phone ringing or finds themselves wasting time distracted by social media or the internet while getting behind on work tasks
- Someone who feels nervous about public speaking
- Someone with chronic pain who is interested in developing new habits for relating to discomfort
- Someone who finds themselves awake in the middle of the night and is unable to get back to sleep
- Someone who worries all the time and is unable to take breaks from problem-solving mode

Mindfulness Coaching does not replace professional counseling but can be used to make other interventions such as therapy, medication intervention or medical care more effective.



To learn more about the benefits of Mindfulness Training, or schedule a telephonic appointment with a Mindfulness Coach, contact IMPACT 24/7 at 800-227-6007. For more information on IMPACT services you can also visit the IMPACT website at [www.MyImpactSolution.com](http://www.MyImpactSolution.com). Remember to enter your organization's username. Forgot your login information? Give us a call at 800-227-6007.