

STRESS DURING AN INFECTIOUS DISEASE OUTBREAK:  
FEAR AND WORRY ABOUT YOUR OWN HEALTH AND THE HEALTH OF YOUR LOVED ONES  
CHANGES IN SLEEP OR EATING PATTERNS  
DIFFICULTY SLEEPING OR CONCENTRATING  
WORSENING OF CHRONIC HEALTH PROBLEMS  
INCREASED USE OF ALCOHOL, TOBACCO, OR OTHER DRUGS  
PHYSICAL REACTIONS, SUCH AS HEADACHES, BODY PAINS, STOMACH PROBLEMS, AND SKIN RASHES.

ANGER OR SHORT-TEMPER

# COVID-19 STRESS

WHEN WILL THE SITUATION BE SAFE AND SECURE?  
HOW ARE MY STAFF RESPONDING TO THE CIRCUMSTANCES?  
HOW CAN I BALANCE THE NEGATIVE IMPACTS WHILE LEARNING FROM THE POSITIVE ONES?

## Leading the Team

You can help yourself by understanding that you, like your staff, are having normal reactions to very abnormal circumstances.

Remember that in order to help others, you must take care of yourself. You need to follow the recommendations of the medical professionals including trying to get rest, improve your diet, give yourself time to re-charge and re-fresh, give yourself a break from the constant newsfeed.

Try to spend time, walking around and talking to your staff. Ask how they are doing and listen to what they say. If someone asks you, answer them honestly and sincerely.

Spend time with the patients. Assisting these folks are why you chose to work in this field. It will be helpful to you as well as the patients.

Even something like a Post-It note thank you for their hard work will be more appreciated than you know. A smile and sincere "thank you" will help them immensely. Let them know you notice, and it's appreciated.

Look and listen to your staff. If they need assistance in dealing with this crisis, make that assistance available. Identify policies and procedures that support staff self-care.

