

One of the source of disease transmission has been linked to health care facilities, and health care workers exposed to cases of COVID-19 can contact both symptomatic and asymptomatic infection. Unrecognized, asymptomatic patients transferred CoV-19 to their family or close contacts, unavailability and shortages of PPE. All these factors were alarming and potentially distressing for the hospital staff who are working during the outbreak.

Feeling under pressure is a likely experience for you and many of your colleagues. It is quite normal to be feeling this way in the current situation. Stress and the feelings associated with it are by no means a reflection that you cannot do your job or that you are weak. Managing your mental health and psychosocial well-being during this time is as important as managing your physical health.

Coping Mechanisms for Health Care Workers during COVID-19 Pandemic

Healthcare workers all over the world have lost lives and infected globally.

“Our Fallen Corona Virus Heroes”

Healthcare workers (HCWs) are treating people with the coronavirus, despite the shortage of masks, gloves and personal protective equipments (PPE). This is creating enormous mental stress and distress.



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Two thirds reported that if they were experiencing mental health problems they wouldn't want others to know (self-stigma)



Deliver as Committed



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Rest between Shifts

It's hugely important to rest as much as you can between shifts. Sleep is a biological need, like eating and drinking. Inadequate sleep has been shown to lead to declining neurological functioning and performance, increasing the rate of injury and poor health behaviors.

Eat Healthy!

Nutrients like Vitamin C and Omega 3 Fatty Acids can help lower levels of cortisol and blood pressure while boosting our immune system. Hydrating helps to flush stress chemicals that are dumped into your body out of your system. Drink plenty of fluids

Ongoing Training

Updated and trained staff remain safe and cope better. Gaining the right skills will help organization in a longer run, save time and make their staff feel less stressed.

Get Physically Active

Physical activity has long been linked with a healthy body and disease defence. It can also sharpen your mind and reduce fatigue. Simply taking part in physical activity can help reduce tension, strengthen your mood and improve your sleep. Practice deep breathing and meditation. Integrate positive affirmations into your day.



Stay in Contact with Family and Friends

Some healthcare workers may unfortunately experience avoidance by their family or community owing to stigma or fear. This can make an already challenging situation far more difficult. If possible, contacting them after a stressful shift, whether over the phone, through email or a messaging app, can really help your mental mood. Simply smiling while talking to them can help lower your heart rate after a stressful event. Turn to your colleagues, your manager or other trusted persons for social support – your colleagues may be having similar experiences to you.

Stay away from wrong information circulated through Whatsapp forwards. Make sure to access and believe only the most reliable sources of information for self-protection. Do not follow sensational news or social media posts which may impact your mental state. Do not spread or share any unverified news or information further.

COPING MECHANISMS TO KEEP STRESS AT BAY

