



Employee Consulting Associates

COPING WITH CORONAVIRUS/COVID-19:

The Coronavirus has brought on feelings of anxiety, fear, sadness, and other negative feelings for many people.

As healthcare professionals, we are on the frontline of supporting residents but how do we take care of ourselves too?

WHAT IS STRESS?:

Stress involves three components:

1. an external component (the situation or event)
2. an internal component (physiological reaction thoughts about situation or event)
3. the interaction between the external and internal components.

WHAT CAN WE DO?: REMEMBER YOUR ABC'S



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MODEL 1:

- 1 ***Adversity.***
- 2 ***Beliefs.***
- 3 ***Consequences.***

Whenever you encounter adversity you develop thoughts and beliefs about the situation. This, in turn, leads to consequences.

To be optimistic, you must change what you believe about yourself, and the situation, when you encounter adversity. Positive beliefs will, in turn, lead to more positive consequences, and a more positive outlook.

MODEL 2:

1. **Awareness:** This is the knack of discerning what causes one's stress. Take the time to realize at what point you are stressed and the factors that push you to this point.
2. **Balance:** There positive ways to attain a balance of positive and negative stress
3. **Control:** Ask yourself: "What can be done to combat the negative causes of stress?"

TIPS TO MANAGE STRESS DURING THE CORONAVIRUS/COVID-19:

- **Avoid excessive exposure to media coverage of COVID-19.** Get some regular updates from credible sources in the morning and check again briefly toward the end of the day. There's no need to stay tuned in 24/7 — it can actually make your anxiety much, much worse.
- **Take care of your body.** Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs.
- **Make time to unwind and remind yourself that strong feelings will fade.** Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly. Try to do some other activities you enjoy to return to your normal life.
- **Connect with friends and loved ones through video chats, phone calls, texting, and email.** It really helps to feel the strength of your connections to your friends and loved ones, even though you may not be with them in person.
- **Maintain a sense of hope and positive thinking.**

Handout: Alphabet of Stress Management and Coping Skills

http://rwjms.rutgers.edu/departments_institutes/cf_center/documents/Alphabet-of-Coping-Skills-Interventions.pdf

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