

Frontline Caregivers

STRESS MANAGEMENT



CARING FOR OURSELVES

- American Psychiatric Association (APA), Coronavirus and Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks:
<https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks>
- Association of American Medical Colleges (AAMC), Coping with Sickness and Stress:
<https://www.aamc.org/news-insights/coping-sickness-and-stress>
- Center for the Study of Traumatic Stress (CSTS) Infographic on Sleep Hygiene:
https://www.cstsonline.org/assets/media/documents/CSTS_Infographic_MakeSleepAPriority.pdf
- CSTS, Sustaining the Well-Being of Healthcare Personnel During Coronavirus and Other Infectious Disease Outbreaks: https://www.cstsonline.org/assets/media/documents/CSTS_FS_Sustaining_WellBeing_Healthcare_Personnel_during_Infectious_Disease_Outbreaks.pdf
- CSTS, Fight COVID-19 with Better Sleep Health: A Guide for Hospital Workers:
https://www.cstsonline.org/assets/media/documents/CSTS_FS_Fight_COVID19_w_Better_Sleep_Health.pdf
- Massachusetts General Hospital, Department of Psychiatry, Guide to Mental Health Resources for COVID-19 -
<https://www.massgeneral.org/psychiatry/guide-to-mental-health-resources/>
- Walter Reed Army Institute of Research (WRAIR), COVID-19 Sleep Checklist: Leaders and Supervisors:
https://www.wrair.army.mil/sites/default/files/2020-04/COVID-19_Leader_Sleep_Checklist_WRAIR.pdf

MANAGING STRESS

- Stress Management Exercise for Health Care Workers Responding to COVID-19: Manage Stress Before, During, or After Your Shift:
<https://files.asprtracie.hhs.gov/documents/aspr-tracie-healthcare-worker-self-care-exercise-covid-19.pdf>
- Tara Brach, Guided Meditations - offers a variety of meditations of varying length:
<https://www.tarabrach.com/guided-meditations/>

COUNSELING/THERAPY

- Hope4Healers Helpline (919-226-2002)
 - initiative in partnership with the North Carolina Psychological Foundation
 - provides mental health and resilience supports for health care professionals, emergency medical specialists, first responders, other staff who work in health care settings and their families who are experiencing stress from being on the front lines of the state's COVID-19 response
 - available 24 hours per day, seven days a week for people to reach out for support; they will be contacted quickly by a licensed mental health professional for follow-up.
- Project Parachute- Pro Bono Therapy for COVID-19 Frontliners: <https://project-parachute.org/>
- National Alliance on Mental Illness (NAMI) Online Support Groups:
<https://nami.org/Support-Education/Support-Groups>

CARING FOR OUR BUSINESS/PRACTICE/TEAM

- Center for the Study of Traumatic Stress (CSTS), Supporting Families of Healthcare Workers Exposed to COVID-19: https://www.cstsonline.org/assets/media/documents/CSTS_FS_Supporting_Families_of_Healthcare_Workers_Exposed_COVID19.pdf
- CSTS, Coronavirus Preparedness and Response: Critical Elements for Business Planning: https://www.cstsonline.org/assets/media/documents/CSTS_FS_Coronavirus_Preparedness_and_Response_Critical_Elements_for_Business_Planning.pdf
- Walter Reed Army Institute of Research (WRAIR), COVID-19 Leadership Checklist: Managing Team Stress: https://www.wrair.army.mil/sites/default/files/2020-03/Covid-19_Leadership_and_Stress_WRAIR.pdf

MINDFULNESS/MEDITATION APPS

- Buddhify: Free but has a paid membership option: <https://buddhify.com/>
- Calm: The resources on this page are free to use: <https://blog.calm.com/take-a-deep-breath>
- Headspace: Headspace is now offering free premium access (through 2020) for healthcare providers; sign up with your NPI (National Provider Identification Number): <https://www.headspace.com/health-covid-19>
- InsightTimer: completely free with thousands of guided meditations: <https://insighttimer.com/>

DEPRESSION TREATMENT APP

Mood Tools: Can be downloaded from the Apple App Store or Google Play: <https://www.moodtools.org/>

ANXIETY TREATMENT APPS

- Breathe2Relax: Can be downloaded from the Apple App Store or Google Play: <https://www.psyberguide.org/apps/breathe2relax/>
- Mayo Clinic, AnxietyCoach - tools for children and families struggling with anxiety disorders, obsessive compulsive disorder (OCD), and situational stress: <https://anxietycoach.mayoclinic.org/>
- Rootd: App for both iOS and Android. "In addition to mindfulness exercises and step-by-step guides to tactics such as deep breathing, the app features an emergency contact button that makes it simple to call a loved one or hotline when you're in distress.": <https://www.rootd.io/>

VIRTUAL TOURS AND LIVE WEBCAMS

- Travel + Leisure, Stuck at Home? These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch (Video): <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- Monterey Bay Aquarium Live Cams: <https://www.montereybayaquarium.org/animals/live-cams/>
- Explore Live Cams, Honey Bee Landing Zone: <https://explore.org/livecams/honey-bees/honey-bee-landing-zone-cam>
- Explore Live Cams, Decorah Eagles: <https://explore.org/livecams/birds/decorah-eagles>