

Taking Care of Your Wellbeing during COVID-19

Boston Medical Center Health System is committed to providing support to employees during this highly stressful time. We recognize that it is normal to experience stress and anxiety as a result of the rapidly evolving pandemic, and ask that you take a moment to check-in with yourself.

Here are a few tips for recognizing and processing your emotions, as well as helpful resources available to you for additional support.

Recognize the Impact on Your Emotional Wellbeing

Whether or not you are actively aware of the impact that the COVID-19 pandemic has on your emotional health, you may be experiencing extraordinary stress at work and in your personal life. Please see below for a few ways to identify that you are experiencing stress:

- Fear or worry about your health & that of your loved ones
- Worsening of chronic health problems
- Difficulty sleeping or concentrating
- Changes in sleep or eating patterns
- Increased use of alcohol, tobacco or other drugs

Tips for Dealing with Stress & Anxiety

- Encourage yourself and your peers to **check-in on your emotions** during or after a shift or workday.
- **Try in-the-moment strategies** for de-escalating stress, such as taking deep breaths or stretching. Click [here](#) for helpful strategies.
- **Take care of your body.** Try to eat well-balanced meals and healthy snacks, exercise regularly, meditate, get plenty of sleep and avoid alcohol or illicit drugs.
- **Connect with others.** Virtual connections are important. Check-in with peers, colleagues, and friends about your concerns and feelings.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Take breaks from the news and social media.** Hearing about the pandemic repeatedly can be upsetting.
- **Seek support.** Talking to someone about an experience can help mitigate your physiological response, and challenge any possible negative thoughts about yourself and/or others.

System employees can receive direct support for their emotional wellbeing through the following resources:

- **24/7 Real-time Psychological First Aid Support:** Page x5804 (or call the BMC Operator) and an on-call licensed clinician who understands the hospital environment will call you back within 30 minutes
- **24/7 Chaplain-on-Demand Service:** Call 617-414-4299 to speak with someone in Spiritual Care.
- **Employee Assistance Clinician:** Beth Milaszewski, LICSW can be reached at x4-4357, beth.milaszewski@bmc.org, or by text at 857-292-2625
- **24/7 Employee Assistance Program (EAP):** 833-306-0107
- **Doctor on Demand:** Video chat with licensed practitioners for free. Visit the [Hub](#) for more information.

Click [here](#) for additional resources