

# Taking Care of your Wellbeing during COVID-19

**It is normal to experience stress and anxiety as a result of the rapidly evolving COVID-19 pandemic.**

## Recognize the Impact on Your Emotional Wellbeing

Take a moment to check-in with yourself. Here are a few signs that you may be experiencing stress or anxiety:

- Worry about you or your family's health
- 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.

**Make time to unwind.** Try to do some activities you enjoy.



**Seek support.** Talking to someone can help ease your physiological stress response and help to develop skills that build your resilience.

**Connect with others.** Check-in virtually with colleagues, and friends about your concerns and feelings.

**Take care of your body.** Eat well-balanced meals and healthy snacks, exercise, meditate, get plenty of sleep and avoid alcohol or illicit drugs.

**Take breaks from the news and social media.** Hearing about the pandemic repeatedly can be upsetting.

## Direct Support for Employees

- **24/7 Support & Psychological First Aid:** Page x5804 for a call back within 30 minutes, or email [COVID19BHSsupport@bmc.org](mailto:COVID19BHSsupport@bmc.org)
- **Employee Assistance Clinician:** Beth Milaszewski, LICSW, x4-4357, email [beth.milaszewski@bmc.org](mailto:beth.milaszewski@bmc.org), or text 857-292-2625
- **24/7 Chaplain-on-Demand:** x4-4299
- **Employee Assistance Program:** 833-306-0107
- **Doctor on Demand:** [online video chat with licensed practitioners](#)

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