

## COVID-19 Resources for Staff Currently Working in Long Term Care

### Supporting Staff and Conquering COVID:

It is natural to feel stress, anxiety, grief, and worry during this time. Everyone reacts differently, and your own feelings will change over time. Notice and accept how you feel. Taking care of your emotional health during an emergency will help you think clearly and react to the urgent needs to protect yourself and your family. Self-care during an emergency will help your long-term healing.

**Nebraska DHHS COVID-19 Information Line:**  
8AM - 8PM CST - 7 days/week. [www.dhhs.gov](http://www.dhhs.gov)  
(402) 552-6645; Toll Free: (833) 998-2275

**Employee Assistance Program (EAP):**  
Ask your employer if they have free EAP.

**Find Childcare:** [www.NEchildcarereferral.org](http://www.NEchildcarereferral.org)

**Find Support: National Alliance on Mental Illnesses (NAMI):**  
If you or someone you know is struggling, you are not alone. There are many supports, services & treatment options at [www.nami.org/Find-Support](http://www.nami.org/Find-Support).  
(800)-950-NAMI or in crisis, text "NAMI" to 741741

**Nebraska Family Helpline:** (888) 866-8660

**National Parent Helpline:**  
Emotional support & parent advocacy  
M-F: 1p-10p (855) 427-2736

**National Domestic Violence Hotline:**  
Highly trained advocates available 24/7 to talk confidentially with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.  
(800) 799-7233

**SAMHSA Disaster Distress Helpline:**  
Trained crisis counselors available 24/7 for those experiencing emotional distress related to COVID-19.  
(800) 985-5990 or text **TalkWithUs** to 66746

### SAMHSA National Helpline: 24/7

Treatment referral and information service for those facing mental and/or substance use disorders. [www.samhsa.gov](http://www.samhsa.gov) for additional information.  
(800) 662-HELP (4357)

### Suicide Prevention Lifeline:

Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices.  
(800) 273-8255

### COVID Coach App:

FREE from the app store on any phone. Designed by the Dept. of Veterans Affairs & offers resources, emotional support, tips for self-care and stress management tools for anyone during COVID-19. *App should not replace treatment by a professional.*

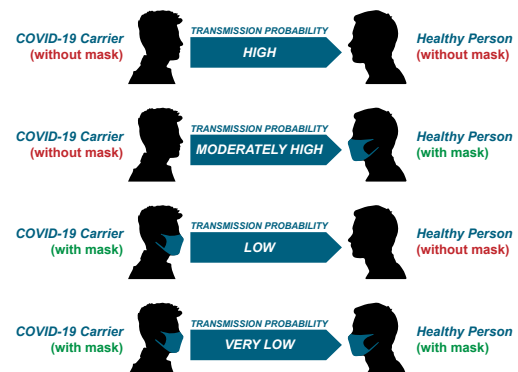


### Headspace App:

Headspace, an AMA-preferred provider of meditation and mindfulness, is offering free subscription to US-based healthcare professionals with a NPI and US licensed nurses.



### Masks are a Must:



Transmission probabilities with and without masks

## COVID-19 Resources for Staff Conquering COVID

### Basic Needs & Self-Care:

It is imperative that during this crisis the basic needs of our heroic workers are being met as we fight this pandemic together.

### Look out for these common signs of distress:

- Feelings of numbness, disbelief, anxiety or fear.
- Changes in appetite, energy, and activity levels.
- Difficulty concentrating.
- Difficulty sleeping or nightmares and upsetting thoughts and images.
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes.
- Worsening of chronic health problems.
- Anger or short-temper.
- Increased use of alcohol, tobacco, or other drugs.

### Search YouTube for Calming Music:

- Mount Sinai Calm: The Healing Power of Music.
- Mount Sinai Calm: Virtual Music Therapy
- Mount Sinai Calm: Virtual Restorative Yoga
- Mount Sinai Calm: Virtual Vinyasa Flow Yoga

### Sustaining Yourself during the Coronavirus Crisis:

- [Self-Care Microsteps](#)
- [Managing Stress Microsteps](#)
- [Mental Well-Being Microsteps](#)
- [Connection Microsteps](#)

Access at: <https://content.thriveglobal.com/wp-content/uploads/2020/03/FRF-Microstep-Sheet.pdf>

### Take Care of Yourself:

Attending to your mental health and psychosocial well-being while caring for patients is as important as managing your physical health.

### 1. **Feel free to feel your feelings:**

You & your colleagues are likely to feel immense pressure given the potential surge in care demands, risk of infection & PPE shortages, and other stressors. Experiencing stress & feelings associated with it are by no means a sign of weakness or a reflection on your ability to do your job.

### 2. **Intentionally employ coping strategies:**

Put into practice strategies that have worked for you in the past during times of stress. These can include getting enough rest & finding respite time during work or between shifts, eating meals (ideally healthy food, on a schedule), engaging in physical activity and staying in contact (with appropriate social distancing) with family and friends.

### 3. **Perform regular check-ins with yourself:**

Monitor yourself for symptoms of depression/ stress disorder such as prolonged sadness, difficulty sleeping, intrusive memories and/ or feelings of hopelessness. Talk to a trusted colleague or supervisor. Be open to seeking professional help if symptoms persist or worsen over time.

### 4. **Take breaks from the news & social media:**

Make a regular habit of stepping away from your computer and smart phone from time to time. When returning online, focus on information from reputable sources, not just sources in your social media feed. You don't have to take in everything produced by a 24/7 news cycle.

### 5. **Be fortified by remembering the importance and meaning of your work:**

Remind yourself that despite the current challenges & frustrations, yours is a noble calling – taking care of those in need in a time of great uncertainty. Make sure to take time to recognize the efforts & sacrifices made by your colleagues. Together, we are all stronger.

Adapted from:

<https://www.ama-assn.org/delivering-care/public-health/managing-mental-health-during-covid-19>