My signs of stress (circle those that apply):

**Physical**: Back pain, muscle tension, stomachache, headache, changes in appetite, sleep disturbance, fatigue, other: _____________________________________________

**Emotional**: Worry, irritability, sadness, anger, anxiety, fear, depression, guilt, sadness, mood swings, hopelessness, other: _____________________________________________

**Cognitive**: Difficulty concentrating, trouble remembering things, feeling confused, catastrophizing, etc.

Other: _____________________________________________________________________________

**Behavioral**: Snapping at others, overworking, withdrawing, poor self-care, increased substance use, pacing, increased conflicts, other: _____________________________________________________________________________

Which aspects of the response are likely to be most stressful for you (circle those that apply)?

- Proper use of PPE / infection control protocols
- Lack of organization and role clarity
- Altered standards of care/ethical conflicts (moral injury)
- Limited resources/supplies
- Safety and security
- Separation from usual colleagues
- Witnessing the death of patients
- Challenging team dynamics
- Illness or death in colleagues
- Fear of contracting illness
- Separation from family
- Feel misunderstood; pressure to justify work
- Stress with re-entry to home / regular unit
- Stigmatization, lack of appreciation
- Fatigue and limited rest time
- Concerns for safety of family and friends

What techniques already work for you (circle those that apply)?

- Reading a book
- Games on smartphone
- Taking a walk
- Yoga
- Socializing
- Hobby
- Listening to music
- Journaling
- Writing poetry
- Knitting
- Puzzles
- Alone time

Other: _____________________________________________________________________________

Additional tips:

- Take frequent short breaks
- Limit media consumption
- Keep a gratitude journal
- Spend time outdoors

Formal relaxation techniques you may want to learn:

- Deep breathing
- Body scan
- Mindfulness
- Visualization
Deep breathing
- Inhale through the nose for 3 seconds
- Pause for 2 seconds
- Exhale through the mouth for 4 seconds
- Fill the bottom of your lungs
  - Stomach moves, not chest
  - “Belly breathing” or diaphragmatic breathing
- Two-hand test
- Takes practice!
  - Still works if can’t belly breathe
- Useful and portable tool for countless situations

On the web:
Three 2-3 minute lessons on deep breathing
(Harvard Vanguard Medical Associates):
https://www.youtube.com/watch?v=gAkjx25o4el

2 minute deep breathing lesson (Be the Change)
https://www.youtube.com/watch?v=mH7EmmgSZQE

Apps
PTSD Coach (Not just for PTSD!)*
- Tap “Manage symptoms” then “Tools” for exercises in:
  - Deep breathing
  - Guided imagery
  - Muscle relaxation
  - Mindfulness
  - Healthy thinking
  - Tips for sleep

Mindfulness Coach*
- Teaches mindfulness
- Variety of mindfulness exercises, both audio- and self-guided
- Log to track progress
  - Reminders you can set for practice

*Free apps developed by the Veterans Administration and Department of Defense

Healthy Thinking – Watch out for:
Overgeneralizing
Clue words: “never” “always” “nothing” “everything” “nobody” “everybody”

For example, “Nothing ever works out”; “Nobody cares”

Catastrophizing
Exaggerating the importance of negative events, believing they are far worse than they actually are, or that you can’t cope with them.
Healthy Thinking includes:

- Accepting what you can’t change
- Avoiding comparison
- Focusing on mission
- Adapting to the situation
- Maintaining a hopeful outlook
- Sense of humor

Identify your social supports

_______________________________________
_______________________________________
_______________________________________

Eat well, exercise and get sufficient sleep when possible.

For trouble sleeping, try this app:

![CBT-i Coach](image)

**When should I seek help?**

- Intrusions (nightmares, flashbacks, intrusive thoughts)
- Hyper-arousal (anxiety, insomnia, irritability, etc.)
- Feeling numb, spaced out or like things aren’t real
- Avoiding reminders of a traumatic event
- Avoiding feelings by using substances
- Daily functioning is affected

**Where can I find help?**

- Your supervisor
- Federal disaster distress helpline
  - (800) 985 5990 or text 'talkwithus' to 66746
  - [http://disasterdistress.samhsa.gov](http://disasterdistress.samhsa.gov)
  - Confidential 24/7 for anyone experiencing distress due to a disaster
- Employee Assistance Program
- National Suicide Prevention Lifeline
  - (800) 273–TALK (8255)