Resilience and Care of the Caregiver

RISK FACTORS
Health care provider risk factors may increase due to:
- Perception of heightened risk of infection
- Long duration of high-risk exposure
- Previous history of psychiatric illness
- Lack of social support

REACTIONS AND EFFECTS
Effects may include:
- Physical: Back pain, muscle tension, stomachache, headache, appetite changes, sleep disturbance, fatigue
- Emotional: Worry, irritability, sadness, anger, anxiety, fear, depression, guilt, mood swings, hopelessness
- Cognitive: Difficulty concentrating, trouble remembering things, feeling confused, catastrophizing
- Behavioral: Snapping at others, overworking, impulsivity, pacing, withdrawing, poor self-care, using drugs or alcohol more than usual
**PRACTICE SELF-CARE**

- Practice stress management or stress reduction techniques (see the COVID Coach app: [https://mobile.va.gov/app/covid-coach](https://mobile.va.gov/app/covid-coach))
- Exercise
- Spend time outdoors
- Eat well
- Get enough sleep (see the CBT-i Coach app: [https://mobile.va.gov/app/cbt-i-coach](https://mobile.va.gov/app/cbt-i-coach))
- Engage in hobbies
- Limit media consumption
- Keep a gratitude journal
- Identify and use positive coping strategies that work for you
- Practice healthy thinking

**ATTEND A RESILIENCE WORKSHOP**

NETEC Pandemic Response Resilience Workshop
[https://www.youtube.com/watch?v=ep3n3kFWutU&feature=emb_logo](https://www.youtube.com/watch?v=ep3n3kFWutU&feature=emb_logo)

NETEC Resilience Roadmap (used during the Resilience Workshop)
[https://repository.netecweb.org/files/original/0cedfcdf6b03d905b3ff7aa83905e6a.pdf](https://repository.netecweb.org/files/original/0cedfcdf6b03d905b3ff7aa83905e6a.pdf)

**SEEK PROFESSIONAL HELP**

Look for mental health support resources available through your organization or insurance plan.

**GET PEER SUPPORT**

- Debrief with a buddy
- Connect with social supports
- Talk to peers, friends, and family
- Reach out to clergy
- Spend time with pets

**FOR ADDITIONAL HELP**

- Talk to your supervisor
- Federal Disaster Distress Helpline (800-985-5990 or text 'talkwithus' to 66746 or [http://disasterdistress.samhsa.gov/](http://disasterdistress.samhsa.gov/))
- National Suicide Prevention Lifeline (800-273-8255)

**Note:** If you are experiencing ongoing trouble sleeping, feeling keyed up or anxious all the time and can’t seem to relax, losing interest in activities you used to enjoy, or you can’t carry out your daily routines, speak to your healthcare provider or call the Federal Disaster Distress Helpline at 800-985-5990.