

# CORONAVIRUS DISEASE (COVID-19) TIPS FOR ESSENTIAL WORKERS



Feelings of fear, anxiety, and uncertainty are a daily occurrence for essential workers. During such an unprecedented time, it's important that those on the front lines understand they are not alone, and there are proactive steps they can take to care for their mental health during the pandemic and beyond.

Engaging in physical activity, eating healthy, and getting adequate sleep and rest are critical for boosting health. Additionally, experts say the following tips can help workers manage chronic stress, reduce burnout, and protect their mental health.

## REACH OUT IF YOU NEED SUPPORT

While you may be physically distant from others at this time, it's important to stay connected with friends, family, and the community. **Turning to the people who are supportive and can listen, provides a safe space to discuss what you're feeling**, what helps you maintain mental well-being, and provides you with a sense of calm.

Remember to use your employee assistance or mental health programs or reach out to people who are trained to listen and help. Several cities, communities, and even state-wide mental health organizations have set up helplines for essential workers. Nationally, anyone can contact the **Crisis Text Line (Text TALK to 741741)** or the **National Suicide Prevention Lifeline at 1800 273-TALK (8255)**, if they are concerned



## TAKE TIME TO FOCUS ON YOURSELF

If you're an essential worker, you can take care of yourself by acknowledging that you need your own time to recuperate. Essential workers could benefit from some time in therapy, where they can have a sacred, private, emotional space to appreciate and process what they've witnessed and are experiencing.

## EMPLOY SELF-SOOTHING TECHNIQUES

Practical solutions and grounding practices can have a highly positive impact on our emotional well-being. Progressive muscle relaxation, deep breathing exercises, guided mindfulness meditation, positive affirmations and visualizations, and free-flow journaling are simple, immediate, easy tools you can put into place now.

## ENCOURAGE OPEN COMMUNICATION

Having open, honest discussions about mental health can be the first important step in understanding where someone is with their mental health. While individual experiences may vary, it's important for all essential workers to know that we're all in this together and they are not powerless in this situation.

