

Johns Hopkins MySupport:

Resources for Healthcare/Medical Personnel and their families

COPING WITH COVID-19 FOR HEALTHCARE & MEDICAL PERSONNEL

As the COVID-19 pandemic continues we know that healthcare and medical personnel are working hard and may be in need of additional support. You're a professional. But you're also human. Dealing with adults and children who are sick- and scared-can create an enormous burden. It can lead to traumatic stress, similar to that of soldiers who've been in combat. When you, a family member, or a friend are suffering from traumatic stress you may see:

- Headaches, stomachaches, backaches and more
- Changes in eating and sleeping patterns
- Extreme worry and anxiety
- Nightmares and flashbacks
- Feelings of depression or irritability
- Use of drugs or alcohol for self-soothing

Health care and medical personnel should respect their stress signals. Recognizing stress symptoms and respecting the need to help yourself is important. For starters, de-fuse with some of the following steps:

- **Take a break during the day:** Go outside, take some deep breaths, call a friend or do anything that soothes you
- **Take care of your own needs:** Self-care is critical during this time. Spend time with your family, work out and minimize your news intake. Use your breaks to recharge your batteries.
- **Ask for help:** The pressure of your job can really catch up with you. If you're having trouble sleeping, eating, or regulating your stress level, get support.
- MySupport is available to Johns Hopkins employees, 24/7/365 by calling 443-997-7000, option #2 or schedule an appointment with a counselor [here](#).

Source: Aetna Resources For Living © 2019 Aetna, Inc.

ADDITIONAL RESOURCES:

Click [here](#) for information on Coping with COVID-19 for medical staff

Click [here](#) for access to the Health care workers' mental health guide

Click [here](#) for information on healthcare workers and post-traumatic stress disorder (PTSD)