

TAKING CARE OF YOURSELF DURING CRISIS:

A TOOL FOR FRONTLINE WORKERS

Managing intense stressors and uncontrollable factors while also supporting others can take a toll. Knowing how and when to reset, refuel, and recharge is vital.



Common Reactions to Stress

 Physical or mental exhaustion	 Changes to your appetite or sleep
 Difficulty concentrating	 Physical reactions (headaches, stomachaches, easily startled)
 Frustration, irritability, or anger	 Feeling hopeless or overwhelmed
 Sadness, loneliness, numbness, or worry	 Shock, fear, or helplessness

Strategies That May Help

- Maintain a healthy diet. Stay hydrated.
- Move your body! Stretch, walk, or take a fitness or movement class you enjoy.
- Practice deep breathing.
- Do something enjoyable each day.
- Don't skimp on sleep. Aim to go to bed the same time each night and wake up the same time each morning.
- Talk about what you're experiencing and feeling with others.

- Check in on loved ones. Stay connected to your communities through phone and internet.
- Don't hate your feelings! Be patient and kind to yourself and others.
- Limit your news and social media to helpful and trusted sources.
- Focus on what you can control.
- Reach out when you need support.
- Forgive yourself for a bad day.



WHEN TO GET ADDITIONAL HELP:

Some may find that their stress does not go away quickly. If you experience some of the above reactions regularly for two weeks or more, this may be a sign that additional support is needed.

For more information, visit pmhp.ucla.edu/guides