



Strategies for Sustaining Well-Being

Meet Basic Needs. Be sure to eat, drink, and sleep regularly. Becoming biologically deprived puts you at risk and may also compromise your ability to care for others.

Take Breaks. Whenever possible, allow yourself to do something that you find comforting, fun or relaxing. Taking a walk, listening to music, reading a book, or talking with a friend can help. Some people may feel guilty if they are not working full-time or are taking time to enjoy themselves when so many others are suffering. Recognize that taking appropriate rest leads to proper care of others after your break.

Connect with Colleagues. Talk to your colleagues and receive support from one another. Infectious outbreaks can isolate people in fear and anxiety. Tell your story and listen to others.

Communicate Constructively. Communicate with others clearly and in an optimistic manner. Identify mistakes or deficiencies in a constructive manner and correct them. Compliment each other – compliments can be powerful motivators and stress moderators. Share your frustrations and your solutions. Problem solving is a skill that often provides a feeling of accomplishment even for small problems.

Contact Family. Contact your loved ones, if possible. They can be an anchor of support. Sharing and staying connected may help them better support you.

Respect Differences. Some people need to talk while others need to be alone. Recognize and respect these differences in yourself, your family members and your colleagues.

Stay Updated. Rely on trusted sources of information. Stay informed of the situation, plans and events.

Limit Media Exposure. Graphic imagery and worrisome messages will increase your stress and may reduce your effectiveness and overall wellbeing.

Self Check-Ins. Monitor yourself over time for any symptoms of depression or stress disorder: prolonged sadness, difficult sleeping, intrusive memories, hopelessness. Talk to someone or seek professional help if needed.