



Strength

Coping with COVID-19 Aetna Resources For LivingSM

You're on the frontline when there's a health crisis. And you're always there to act, respond to and address patient concerns.

But who puts you back together?

The trauma of treating COVID-19

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're suffering from traumatic stress you may:

- Have headaches, stomachaches, backaches and more
- Experience changes in your eating and sleeping patterns
- Feel extreme worry and anxiety
- Suffer from nightmares or flashbacks
- Act depressed or irritable
- Drink or use drugs to soothe yourself

People who know you may say they're concerned about you.



Respect your stress signals

You're a pro when it comes to reading your patients' vital signs. But how about your own? Do you know when your stress level is too high?

Recognize your stress symptoms and respect the need to help yourself. For starters, de-fuse with some of the following steps.

Take a break during the day

Your workplace may have a feverish pace right now. There's something to do every minute. Still, it's critical to set aside time for you every day. Robots and computers need re-booting — so do humans.

Even a few minutes can make a difference. Go outside, take some deep breaths call a friend or do anything that soothes you. Taking time for yourself isn't selfish. It's self-sustaining. You can't help others if you're depleted.

Take care of your own needs

Keep your stress in check by maintaining worklife balance. That means taking care of your own needs and having a life outside of work.

Make the most of your time at home. 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.

You can always call us for help. We're available 24/7, with clinical experts ready to assist you.

Remember, healers need to stay physically and emotionally well in order to help others. Take care of yourself as part of your dedication to your patients, your loved ones and yourself.

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