

STAY SAFE MN

Tips for Taking Care of Yourself

RESOURCES FOR HEALTH CARE WORKERS



Watch for signs of burnout and stress

Signs can range from poor hygiene; depression; irritability; fatigue; and frustration, to more serious signs of being worried too much or easily startled, and having nightmares.



Make time to unwind

Take time every day to do things you enjoy.



Get support from team members

Set up a buddy system for staff to share concerns, talk about stress, watch over each other's safety and well-being, and to check that personal protective equipment is used the right way.



Stay connected to others, safely

Use technology to talk with friends, family, and colleagues. Share your experiences. Actively listen to others.



Ask for help when you need it

You may feel anxious, bored, angry, or lonely. Call the National Suicide Prevention Lifeline at 800-273-TALK (800-273-8255) or your local crisis response team if you feel you want to hurt yourself or others.



Develop healthy ways to cope with stress

Take breaks from work, eat healthy foods, exercise, and socialize with friends and family. Do not use drugs and alcohol as a way to cope.



Limit your news and social media time

Repeated reports and posts about the pandemic can be upsetting. Take breaks.



Take care of your body

Eat healthy, do some type of regular exercise, and get enough sleep.



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