

# Coping Facts for ADULTS

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*Working in the healthcare profession is always challenging, and hopefully always rewarding, as well. The challenges have never been greater, as both we, and the people we care for, deal with a myriad of consequences related to the COVID-19 pandemic. When traumatic incidents such as a pandemic occur, people may experience considerable losses.*

One of the best ways to maintain our high standards of care for our clients is to first make sure we are taking care of ourselves...physically, mentally, and emotionally.

*Mental Health America of Eastern Missouri has several live webinars specifically designed to meet these needs of professionals. Topics include **Compassion Fatigue, Address Stress, Busting Burnout, and Reaching Resilience.***

Informative, interactive, and skills-building, these research-based webinars are presented live by a Licensed Clinical Social Worker with more than 25 years clinical experience as well as being a university-level adjunct faculty member.

Webinars can be arranged to meet your organization's schedule to maximize staff participation. To learn more about these and other webinar topics, visit <https://www.mha-em.org/how-we-help/wellness-seminars> or send an email to [Connie.Fisher@mha-em.org](mailto:Connie.Fisher@mha-em.org).

## **Healthcare Personnel and First Responders: How to Cope with Stress and Build Resilience During the COVID-19 Pandemic**

Providing care to others during the COVID-19 pandemic can lead to stress, anxiety, fear, and other strong emotions. How you cope with these emotions can affect your well-being, the care you give to others while doing your job, and the well-being of the people you care about outside of work. During this pandemic, it is critical that you recognize what stress looks like, take steps to build your resilience and cope with stress, and know where to go if you need help.

### **Recognize the symptoms of stress you may be experiencing.**

- Feeling irritation, anger, or denial
- Feeling uncertain, nervous, or anxious
- Feeling helpless or powerless
- Lacking motivation
- Feeling tired, overwhelmed, or burned out
- Feeling sad or depressed
- Having trouble sleeping
- Having trouble concentrating

## **Know about stress-related disorders, compassion fatigue, and burnout**

Experiencing or witnessing life threatening or traumatic events impacts everyone differently. In some circumstances, the distress can be managed successfully to reduce associated negative health and behavioral outcomes. In other cases, some people may experience clinically significant distress or impairment, such as acute stress disorder and post-traumatic stress disorder. Compassion fatigue and burnout may also result from chronic workplace stress and exposure to traumatic events during the COVID-19 pandemic.

## **Tips to cope and enhance our resilience**

- **Communicate with your coworkers, supervisors, and employees about job stress.**
- **Remind yourself that everyone is in an unusual situation with limited resources.**
- **Identify and accept those things which you do not have control over.**
- **Recognize that you are performing a crucial role in fighting this pandemic and that you are doing the best you can with the resources available.**
- Increase your sense of control by keeping a consistent daily routine when possible — ideally one that is similar to your schedule before the pandemic.
- When away from work, get exercise when you can. Spend time outdoors either being physically activity or relaxing. Do things you enjoy during non-work hours.
- Take breaks from watching, reading, or listening to news stories, including social media. Remember, hearing about the pandemic repeatedly can be upsetting.

## **Reach out to us for Support**

- A Show-Me Hope Disaster Distress Helpline 1-800/985-5990 or text “TalkWithUs” to 66768 is in place for clients to call or text. Counselors are available 24/7 to speak with them.



For more information,  
contact  
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