

NURSES: COPING WITH COVID-19 STRESS

TIPS TO COPE & ENHANCE YOUR RESILIENCE.



Connect with Others

Establishing a support system

Connect with other peers via Nurses Together, a virtual non-judgmental space. You can connect with other nurses to share thoughts/struggles, ask questions & seek support. You can join peer-to-peer calls scheduled throughout the 24 hour day, 7 days/week.



Keep a Daily Routine

Increasing your sense of control

As much as possible, keep a daily routine. Ensure you get plenty of sleep, regular physical activity, & make time to eat nutritious meals. While working, take breaks to rest/stretch and check in with coworkers.



Make "Me" Time

Setting time to unwind

Allow time for you to recover from responding to the pandemic. Use this time to do activities you enjoy—reading, hiking at a scenic park, painting, etc. You can also practice mindfulness techniques—i.e. breathing exercises, meditation, stretching.



Manage Debt

Minimizing additional stress

If you've experienced income loss due to COVID-19 & are accruing more debt, establish an emergency budget & a plan to keep debt under control. There are debt management options for people undergoing financial hardship through non-profit credit/debt agencies, like Apprisen.

For free help establishing an emergency budget & debt management options due to financial hardship, contact Apprisen.