**CDC COVID-19 Stress Tips for Responders**

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Tools to reduce secondary traumatic stress (STS) reactions:

* Acknowledge that STS can impact anyone helping families after a traumatic event
* Learn the symptoms including physical (fatigue, illness) and mental (fear, withdrawal guilt)
* Allow time for you and your family to recover from responding to the pandemic
* Create a menu of personal self-care activities that you enjoy
  + Spending time with the people you live with - family or friends (Note: This doesn’t mean getting together with people you don’t live with and you need to practice social distancing), exercising, reading a book
* Take a break from media coverage of COVID-19
* Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for your family and patients as you did before the outbreak

A screenshot of a cell phone

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