Caring For Yourself, Your Family, Your Patients, and Your Coworkers
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**Good advice for everyone**

- Stay up-to-date with reliable facts
- Don’t obsess on the outbreak - Limit your media intake
- As much as possible stick to your usual daily routine
- Focus on positive aspects of your life
  - Don’t make the outbreak your entire life
- Seek social connection and support from family members and/or friends
  - Keep in contact with friends and family, especially the elderly ones
  - Virtual parties are becoming the rage
- Engage in relaxation techniques for stress reduction.
  - Warm baths, massages, breathing exercises
- Engage in physical activity and other enjoyable activities whenever possible

**Good advice for parents**

- Ask children what they have heard about infectious disease.
  - Correct misinformation
- Provide age appropriate, accurate information
- Encourage children to share their concerns, and let them know that you are available to discuss thoughts and feelings
- Parents’ behaviors have a significant effect on children.
  - Keep conversations calm and focused on the facts.
  - Emphasize efforts that are being taken to contain the infectious disease
- Model health-promoting behaviors for your children
  - Hand washing, covering your mouth when you sneeze
- Educate the entire family about good health habits
Good advice for providers

- Take care of yourself
  - It’s like the oxygen mask on the airplane
- Don’t neglect your basic needs
  - Sleep, relaxation, nutrition, exercise
- Take breaks
- Determine what is and is not within your control
- Problem solve for events that are within your control
- Accept that some problems are outside of your control
- Communicate constructively
  - Look for ways to improve the situation and let others know when you find one
- Self Check-Ins
  - Monitor yourself over time for any symptoms of depression or stress disorder: prolonged sadness, difficulty sleeping, intrusive memories, hopelessness.
  - Ask for help if needed
- Honor Your Service.
  - Remind yourself that despite obstacles or frustrations, you are fulfilling a noble calling—taking care of those most in need. Recognize your colleagues—either formally or informally—for their service.

From
- CSTS - Taking Care of Your Family During Coronavirus and Other Emerging Infectious Disease Outbreaks
- CSTS - Sustaining the Well-Being of Healthcare Personnel during Coronavirus and other Infectious Disease Outbreaks