

# Emotional Wellbeing and Staff Resilience

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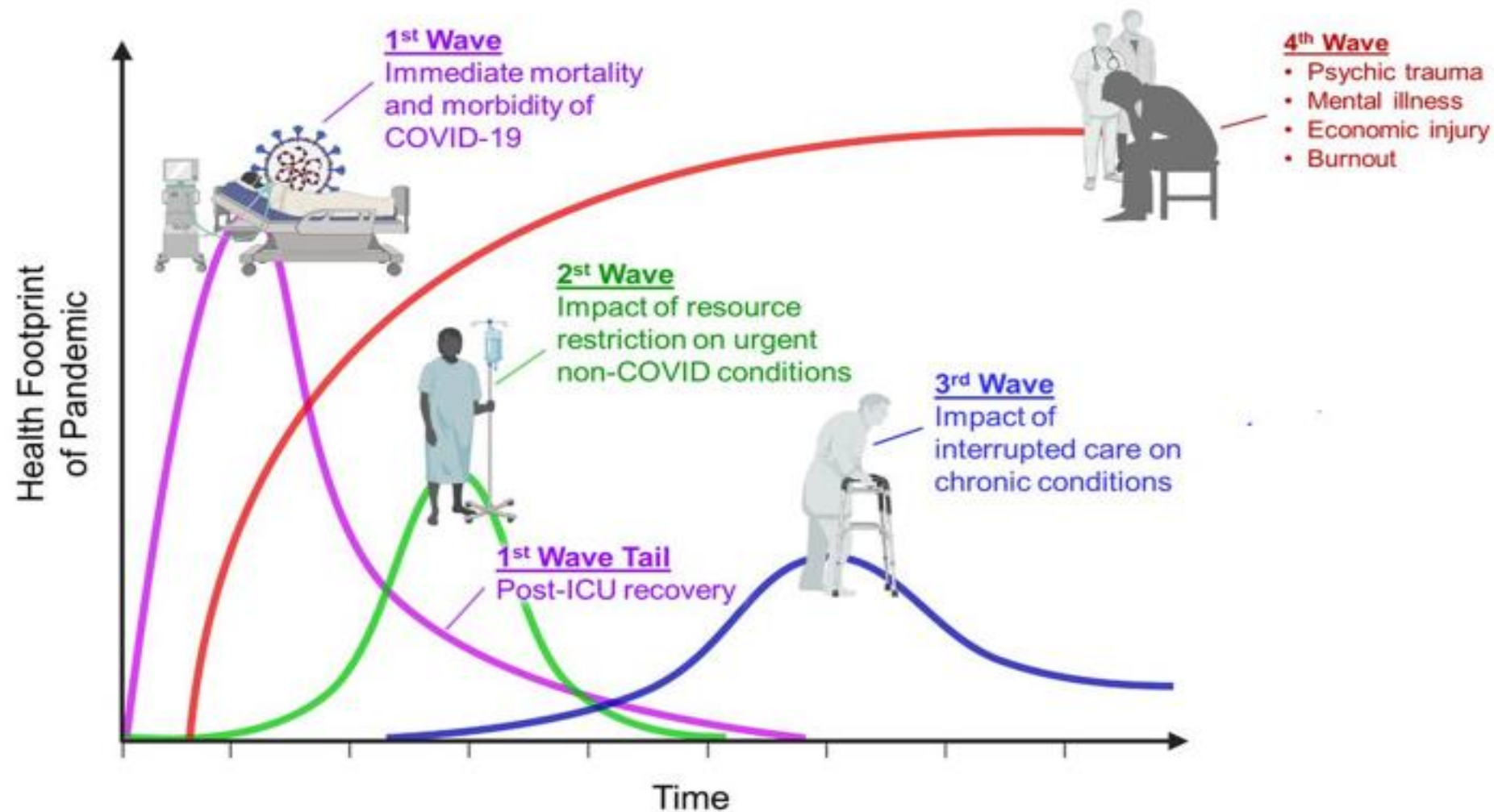
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# NCQA Q and A

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<https://hcldr.wordpress.com/2020/04/07/the-pandemics-4th-wave/>

# Multiple Choice Poll Question: What Is Causing You the Most Stress

- Worry about my personal health
- Worry about bringing COVID home to my family
- Staffing shortages
- Ever-changing guidelines from CDC and other outside entities
- Loss of income
- Restrictions due to shutdowns
- Fear of the COVID vaccine
- Other

# Emotional Well-being and Staff Resilience: Navigating the Covid-19 Pandemic



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<https://www.youtube.com/watch?v=5mUODGQKhTw&feature=youtu.be>

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<https://youtu.be/lcFD-L-Csz0>

# Stress Reduction Ideas

- Have a daily huddle at the end of the shift to debrief about things that happened that shift (good and bad)
- Make space for mindfulness and relaxation- it doesn't have to be complicated!
- How did that short exercise make you feel?
- Many studies have shown that even mere minutes of meditation or exercise can greatly reduce stress levels.



# Mindfulness Checklist – for transition from work to home



Take a moment to think about your day.



Acknowledge one thing that was difficult during your work day – Let it go!



Consider three things that went well.



Check on your colleagues before you leave – Are they ok?



Are you ok? We are here to support you.



Now switch your attention to home – Rest and recharge.





# Leave in Action

Address one area to help with staff stress management

- Appoint or ask for staff volunteers to create a team to develop ideas
- Create a space for staff to de-stress.
- Provide information on mental health support (local or national resources)
- Work with staff to create a Wellness Checklist

<http://www.ihi.org/resources/Pages/Tools/psychological-PPE-promote-health-care-workforce-mental-health-and-well-being.aspx>

# 2 - Minute Stress Relief Exercise



<https://www.youtube.com/watch?v=Jholcb8Gz0M>

# National Suicide Prevention Hotline

- <https://suicidepreventionlifeline.org/>



# National Domestic Violence Hotline

- <https://www.thehotline.org>



# National Alliance On Mental Illness

- [Home | NAMI: National Alliance on Mental Illness](#)



# Exit Poll Question – The information presented today will be useful to help me help and those around me to manage stress and find resiliency during this time of the COVID Pandemic.

- A lot
- Some
- A little
- Not sure



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