Emotional Wellbeing and Staff Resilience

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NCQA Q and A
1st Wave 
Immediate mortality and morbidity of COVID-19

2nd Wave 
Impact of resource restriction on urgent non-COVID conditions

3rd Wave 
Impact of interrupted care on chronic conditions

1st Wave Tail 
Post-ICU recovery

4th Wave 
- Psychic trauma
- Mental illness
- Economic injury
- Burnout

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
https://youtu.be/IdFD-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

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