

# Provider Resilience and Self-Care



Our response against COVID-19 is a marathon, not a sprint. The only way we will get through this is to take care of ourselves and each other. Driven by our mission to serve our patients, we are used to giving our all, every day. It is hard to pull back - even temporarily - when circumstances demand so much of us, but we must.

## Three Steps to Self-Care



### Recognize the Signs of Burnout

- Anxiety
- Irritability
- Disengagement
- Exhaustion
- Low Mood



### Take a Break When You See the Signs

Distract yourself briefly (about 10 minutes) with the activities that you know to increase your happiness and peace of mind.



### Cultivate a Positive Work Environment

We're all in this together and it's important that we lift each other up. Positive words for teamwork, kudos, praise, caring gestures, and recognition can't be overused in this current state.

## Provider Resilience Toolkit

Self-care is something different for everyone, and we want to help you in any way we can during the COVID-19 pandemic. Our **Provider Resilience Toolkit** has free, evidence-based digital health tools designed by psychologists specifically aimed to promote self-care, including Defense Health Agency tools:



**Provider Resilience** offers self-assessments and stress reduction tools along with a dashboard to track your daily resilience rating.



**Virtual Hope Box** contains personalized tools to help with coping, relaxation, distraction, and connecting to others when in crisis.



**Breathe2Relax** teaches diaphragmatic breathing to de-escalate stress.



**The Military Meditation Coach Podcast** teaches relaxation exercises and tips that help providers keep their mental health on track.