Health care workers in the United States have been experiencing high degrees of stress because of the COVID-19 pandemic. Some health care workers are providing direct care to those affected by COVID-19 and others are experiencing a decrease in workload and revenue due to recommended delays in elective procedures and patients and families delaying office visits for well-checks.

Health care workers are at high risk for stress-related issues during an infectious disease outbreak, for reasons including high mortality, high health care demands, rationing of basic health care supplies, and moral injury.¹ Health care workers in hospitals that treated SARS patients experienced higher rates of professional burnout; depressive and anxiety symptoms; smoking, drinking, and other problem behavior; and absenteeism two years after the end of the outbreak,² though these long-term consequences typically represented subsyndromal stress responses.³ Therefore, resources to reduce the burden of pandemic-related stress on health care workers could reduce the long-term psychosocial impacts of this crisis. Below are some resources that may be useful for primary care providers and other health care workers in coping with stress related to COVID-19.

1 **First Responders First: Sustaining Yourself During the Coronavirus Crisis (Thrive Global)**
   This resource provides lists of “microsteps” relating to self-care, managing stress, mental well-being, and social connection that health care providers could easy integrate into their busy lives.

2 **Tips for Disaster Responders: Preventing and Managing Stress (Substance Abuse and Mental Health Services Administration [SAMHSA])**
   For additional SAMHSA resources, check out the full Disaster Kit and their First Responders and Disaster Responders Resource Portal:
   - [https://store.samhsa.gov/product/samhsas-disaster-kit/sma11-disaster](https://store.samhsa.gov/product/samhsas-disaster-kit/sma11-disaster)
   - [https://www.samhsa.gov/dtac/disaster-responders](https://www.samhsa.gov/dtac/disaster-responders)

3 **Stress First Aid (SFA) for Law Enforcement (National Center for PTSD)**
   The Stress First Aid (SFA) model is a self-care and peer support model that was developed for individuals in high-risk professions to reduce the likelihood that stress reactions will develop into more severe or long-term problems. This model fits nicely for those working in team-based health care settings, given the focus on helping others (rather than oneself) that is inherent in providing health care during a pandemic.