

# BUILDING RESILIENCE AMONG PHYSICAL AND BEHAVIORAL HEALTHCARE PROVIDERS DURING A GLOBAL HEALTH PANDEMIC



## WHAT'S HAPPENING?

- Stress being caused by caring for patients/clients
- Working in chaotic professional environments
- Increased tensions between healthcare team members
- Experiencing a decreased hope that the pandemic will soon end

## WHAT CAN IT CAUSE?

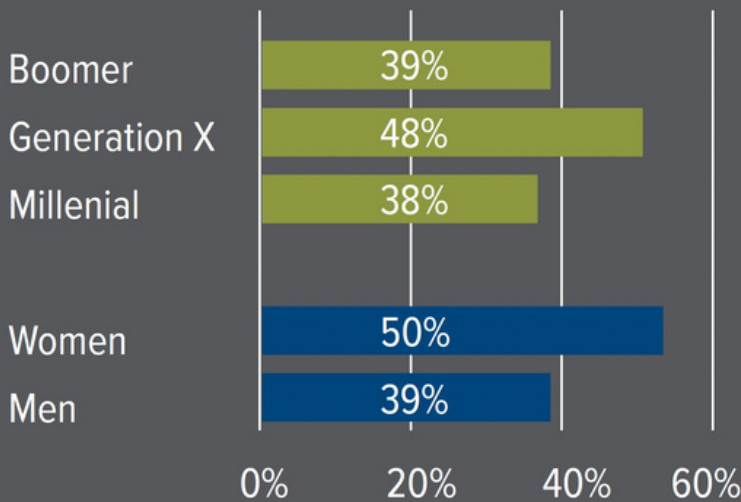
**Stress**  
Sick More Often  
Low Energy

**Loneliness**  
Loss of Hope  
Tension

**Headaches**  
Fatigue  
Apathy


**Anger**  
Impatience  
Bitterness


## PERCENT OF PROVIDERS REPORTING FEELING "BURNED OUT"



## WHAT CAN YOU DO?

- Develop a daily routine which allows for more effective time management and a sense of prediction during a challenging pandemic
- Take care of your body, eat/sleep right, exercise
- Stay connected to sources of support
- Seek professional assistance to cope with the challenges of the pandemic

 **Physician Support Line**  
1-888-409-0141

 **National Suicide Prevention Lifeline**  
1-800-273-8255



SCAN ME