Access the recorded webinar here:
https://attendee.gotowebinar.com/recording/567514432472183311

Mini Modules to Relieve Stress For Healthcare Workers Responding to COVID-19: Stress Management Exercise

April 17, 2020
“I’m fine and I don’t have time!”
45/15 or 50/10 Rule
BREATHING

When you only have ONE minute
Go to your POWER center
Stretching

DO NO HARM
...to yourself!
Hands Up Stretch
Heel to Palm Stretch
Hydrate

64-100 Ounces Daily
Resources

ASPR TRACIE COVID-19 Page
ASPR TRACIE Behavioral Health Resources
ASPR COVID-19 Page
CDC COVID-19 Page
Coronavirus.gov

ASPRtracie.hhs.gov  1-844-5-TRACIE  askasprtracie@hhs.gov