

Access the recorded webinar here:

<https://attendee.gotowebinar.com/recording/567514432472183311>



T R A C I E

HEALTHCARE EMERGENCY PREPAREDNESS
INFORMATION GATEWAY

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

April 17, 2020

Unclassified//For Public Use



**“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
Hydrate
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](#)



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