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T R A C I E
HEALTHCARE EMERGENCY PREPAREDNESS
INFORMATION GATEWAY

Mini Modules to Relieve Stress For Healthcare Workers Responding to COVID-19: Creating a Practical Self-Care Plan in Difficult Times

April 28, 2020

Unclassified//For Public Use

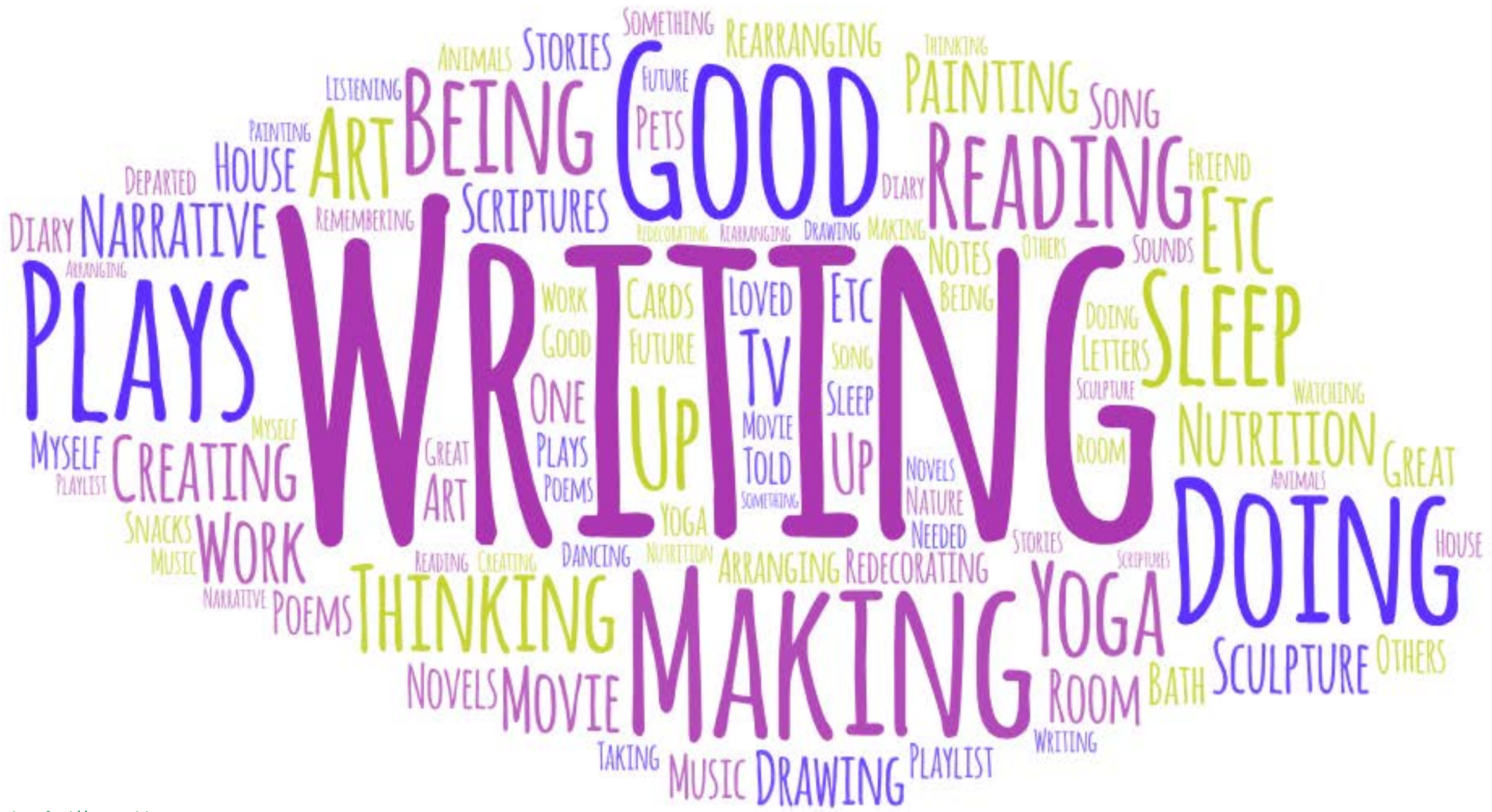


Self-Care Planning /Leisure Activities Exercise

- Paper and pen or electronic device
- ID three leisure activities
- Date and time you can perform each
- Add to your calendar /schedule for this week

[ASPR TRACIE Mini Modules to Relieve Stress For Healthcare Workers Responding to COVID-19: Stress Management Exercise](#)





Ask Yourself...

- ✓ Activities that reduce stress and burnout?
- ✓ Do I need help to carry it out?
- ✓ Do I need reminders?
- ✓ What concrete resources do I need?
- ✓ How can I use my self care plan to remain resilient during disaster work?



PERSONAL ACTION PLAN

Activities Identified	<ol style="list-style-type: none">1 Walking23
GOAL Day / Time	<ol style="list-style-type: none">1 Walking 5x per week2 Go to bed before 9pm before each workday3
RESOURCES People and Tools	Information (e.g. Sleep Tips) House Buddy ? Family Member? Dog? Paint

Month:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Walk 12-12:30pm	Walk 7-7:30 am		Walk 7-7:30 am		Walk 7-7:30 am	Walk 12-12:30pm
Yoga at Noon			Virtual Cooking Class 8:00 p.m.			
Walk 12-12:30pm	Walk 7-7:30 am		Walk 7-7:30 am		Walk 7-7:30 am	Walk 12-12:30pm
Yoga at Noon						

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