

ASPR TRACIE Mini Modules to Relieve Stress For Health Care Workers

April 2023

The U.S. Department of Health and Human Services Administration for Strategic Preparedness and Response (ASPR) Technical Resources, Assistance Center, and Information Exchange (TRACIE) has helped develop resources and participated in ASPR interagency/external partner working groups in every disaster recovery operation for the last six years, to assist with issues related to disaster behavioral health, workforce retention, provider self-care, compassion fatigue, and burnout.

One continuous knowledge gap identified during this time has been the need for information for front-line health care and social services workers to use prior to and during a disaster recognize and reduce their stress levels and maintain resilience.

These mini modules were developed during the COVID-19 pandemic, but are generalizable to health care workers in all settings.

[Stress Management Exercise](#)

This five-minute video and exercise can help health care practitioners understand stress reactions and learn how taking just a few minutes to check in with oneself and de-stress.

[Creating a Practical Self-Care Plan in Difficult Times](#)

This short video can help health care providers create self-care plans to minimize stress and boost resilience.

[Leading Towards Organizational Wellness in an Emergency](#)

This short video can help healthcare leadership communicate in ways that mitigate stress in their staff.

Additional resources can be found on the ASPR TRACIE [Disaster Behavioral Health Resources Page](#).

For more information:



[ASPRtracie.hhs.gov](https://www.asprtracie.hhs.gov)



844-5-TRACIE (844-587-2243)



askasprtracie@hhs.gov

