

ASPR TRACIE COVID-Specific Experiences from the Field

Healthcare Professional Stress and Resilience during the COVID-19 Pandemic

In the months that have passed since a pandemic was declared, we have witnessed our nation's healthcare providers working tirelessly to care for patients, with surges testing their facilities' and their own personal resilience. This kind of work is grueling and can take a significant toll on physical and mental health. These resources can help stakeholders identify and address risk and the negative mental health effects of stress in themselves, colleagues, and staff.

[CHAMP-HOPE for COVID-19](#)

CHAMP is a Center of Excellence at the Department of Defense's Uniformed Services University. CHAMP uses the "Total Force Fitness" approach and "HOPE" framework to optimize the performance of military service members and their loved ones. **Gloria H. Park**, PhD, MAPP, Director of Performance Psychology with the Consortium for Health and Military Performance (CHAMP) and **Gabe Paoletti**, EdD, MAPP, Mental Fitness Scientist, CHAMP share how they have worked to apply these principles to healthcare workers on the frontlines of the COVID-19 pandemic.

[Physician Well-Being: What's Changed and What's More Important than Ever in the Wake of COVID-19](#)

Dr. Johnathan Ripp, Chief Wellness Officer, Mount Sinai Health System, and **Dr. Brendan Carr**, Professor and System Chair of Emergency Medicine, Icahn School of Medicine at Mount Sinai and Mount Sinai Health system highlight how the pandemic has affected staff at Mt. Sinai Health System and steps the organization has taken to mitigate staff stress and increase wellness and resilience.

[Support for Overstretched Clinicians During the Ongoing Pandemic](#)

In this video, **Dr. Eileen Barrett**, Director of Continuous Medical Education and Graduate Medical Education Wellness Initiatives from the University of New Mexico, discusses proactive programs available to support staff during stressful times.

Highlights

- [Coping on the Front Lines of a Pandemic: Understanding and Managing COVID-19 Stressors](#)
- [Pandemic Workforce Well-being: Recognizing Stressors and Supporting Our Own](#)
- [Understanding Stress and Taking Care of Each Other \(and, In Turn, Ourselves\)](#)
- [Supporting Health and Behavioral Health Professionals in Times of Disaster: Reflections on "At-Risk Employees"](#)
- [Support for Overstretched Clinicians During the Ongoing Pandemic: Literature and Practice](#)
- [Total Force Fitness through HOPE: Applying Warrior Principles to Healthcare](#)
- [Plan, Do, Check, Act: Managing COVID-19 in New Orleans](#)
- [Adding Alternatives: Complementary Practices and Considerations](#)

For more information:



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