



## 6 Tips for Nurses and Other Frontline Staff Coping with COVID-19

If you are feeling anxious or stressed about the covid-19 pandemic, you are not alone. Many nurses and other frontline staff are experiencing higher than normal stress and anxiety levels right now.

Here are six tips for coping with COVID-19:

1. **Breathe deeply:** Take five slow, deep breathes right now and feel yourself calming down.
2. **Practice staying in the moment:** Worrying will not change or help the situation. Be mindful and stay in the present.
3. **Use cognitive behavioral skills:** Remember, how you think affects how you feel and how you behave. If you are having a negative thought (e.g., “I might get the COVID-19 virus and get really sick.”), change it to a positive (e.g., “I will stay healthy by taking good self-care and practicing good infection control practices.”). Repeat these and other positive thinking statements several times a day (e.g., I’m too blessed to be stressed!).
4. **Read a positive thinking book three to five minutes every day before starting work.**  
Positivity will serve as a shield against stress and worry. The “Chicken Soup for the Soul” series is light reading of positive short vignettes.
5. **Stay active:** Physical activity can help relieve stress. Even daily walks can help.
6. **Talk to someone:** Tell a family member or friend how you’re feeling. Get help if your stress and anxiety is interfering with your functioning.