



COVID-19, Stress, and You



As a Public Safety Personnel (PSP), or Healthcare Worker (HCW), you continue to work despite the risks the Pandemic poses to you, your family, and your community. Organizational and operational stress-injuries include compassion fatigue, burnout, and moral injury.

Types of Stress



Compassion Fatigue

Related to the stress of caring about/for other people who are in distress or who are suffering.



Moral Injury

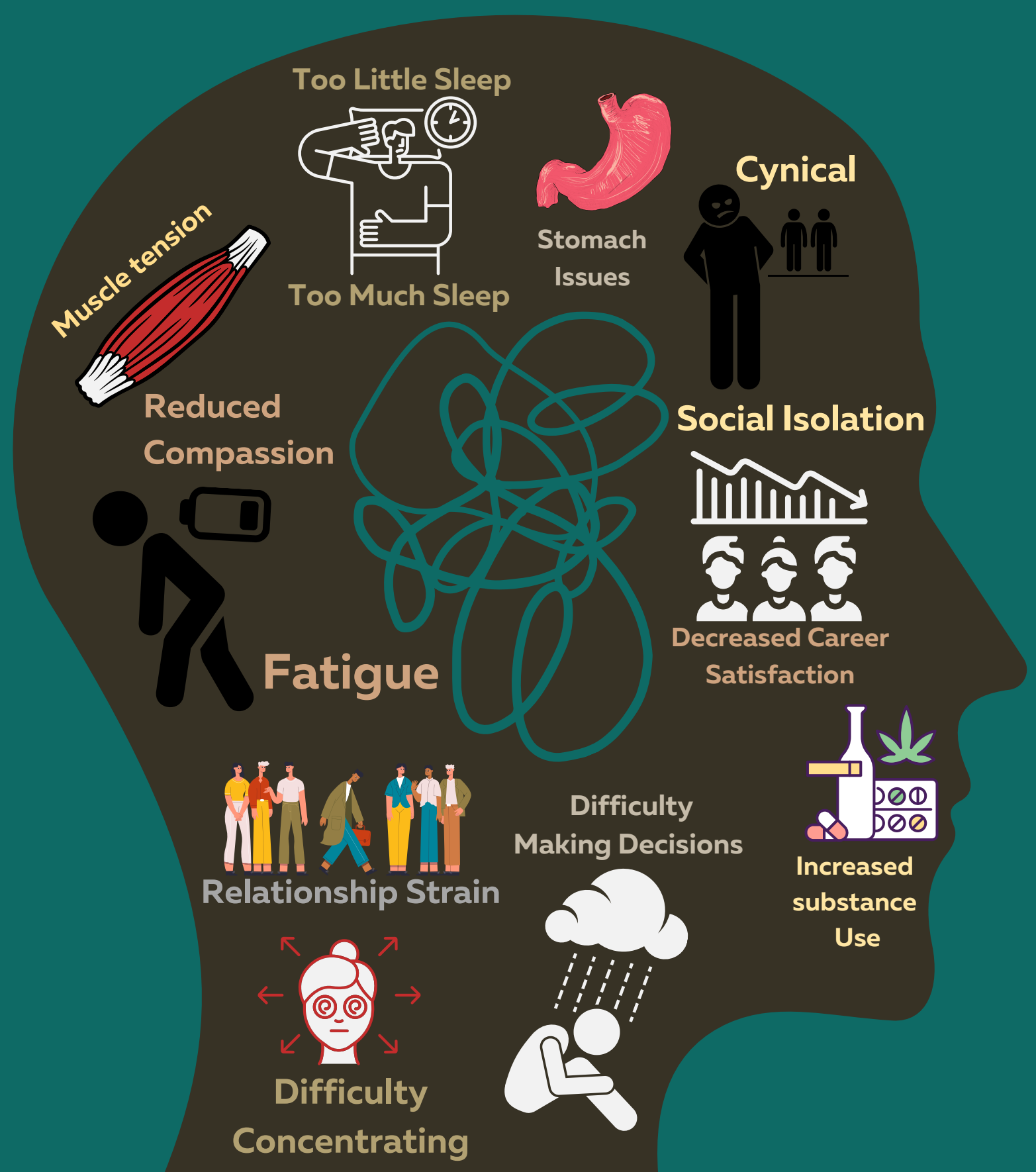
May occur when your profession requires you to make choices contrary to your moral or ethical beliefs & can lead to psychological, social, and spiritual impacts.



Burnout

Feelings of exhaustion and detachment caused by ongoing occupational and organizational stress.

Signs of Stress in Public Safety Personnel and Health Care Workers



When you have these experiences, check in with yourself, your peers, and your other supports.

Strategies To Reduce Symptoms of Work Related Stress



- 1 Recognize Your Stress**
Recognize the signs and symptoms of stress. If you think you're experiencing any of the above, you can use one of the anonymous online screening tools to help you decide if you should seek additional care.

Access Anonymous Screening Tools



- 2 Practise Kindness Towards Yourself**
Be compassionate and try not to judge yourself or your response to pandemic-related situations.

- 3 Connect with Others**
Debrief with your teammates or talk to friends, and family. You can also seek out professional help if you continue to feel overwhelmed.



- 4 Switch Off**
Turn off social media. Set boundaries by scheduling specific times to check coverage, aiming for a work-life balance.

- 5 Find Tools that Help**
Make a list of mental and physical coping strategies that work for you and schedule time to use them.



- 6 Focus on Controllables**
Recognize stressors, and acknowledge which ones you control. Practise letting go of things you can't control.

- 7 Optimize Meals**
Choose healthy foods that fuel and re-energize you!



- 8 Seek Out Resources MADE FOR YOU**
Familiarize yourself with resources that are made specific for Healthcare Workers, Public Safety Personnel, and family members.