

Reach for Resilience

Helpline for ND Healthcare Workers

Call us at:
701-365-4920

In a crisis? Call the National Suicide Prevention Lifeline at 1-800-273-TALK

Chronic Stress Equals:

Prolonged, intense, & frequent stressors.



Autonomic nervous system not having adequate chance to activate relaxation response regularly

This pandemic has transitioned from a short-term stressor to a chronic stressor. Unsurprisingly, every passing month, a greater percentage of people report that COVID has negatively impacted their mental health (Ross, 2020).

- **Mood Changes:** Irritability, depression, anxiety, lack of interest, cynicism, lack of empathy.
- **Physical Changes:** Fatigue, insomnia, appetite changes, headaches.
- **Cognitive Changes:** Decreased ability to focus, forgetfulness, chronic worrying, negativity.
- **Behavior Changes:** Socially isolating (even from safe contacts), poor work performance, aggressiveness, disengagement, increased alcohol/tobacco/drug use.

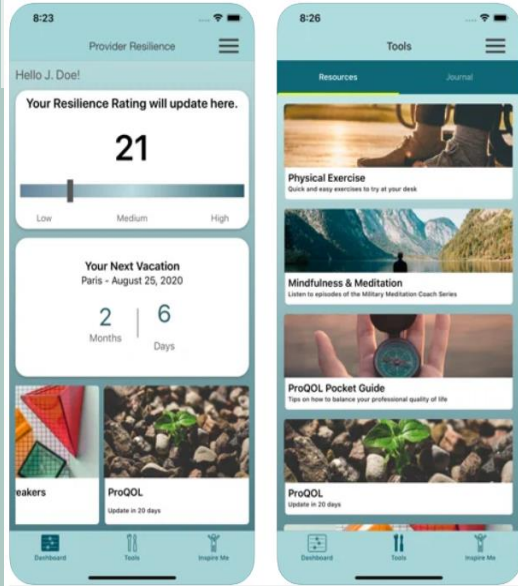
How to Counter Stress Response:

- ▶ **Relaxation Response** – Deep breathing, guided imagery, focus on a soothing word (such as peace or calm).
- ▶ **Physical Activity** – Brisk walk, at home work out, yoga, tai chi.
- ▶ **Social Support** – Reach out. Emotional support can help sustain you at times of chronic stress.



Provider Resilience
National Center for
Telehealth and Technology

Provider Resilience gives frontline workers tools to keep themselves productive and emotionally healthy. It gives a quick snapshot of the user's overall resilience rating, and also features stress-busting and compassion satisfaction-building tools



Scan to access a 15 min guided imagery video

