MENTAL HEALTH OF MEDICAL STAFF DURING THE COVID-19 PANDEMIC

RECOMMENDATIONS FOR MEDICAL STAFF, ON HOW TO OVERCOME STRESS DURING THE COVID-19 CRISIS

VILNIUS UNIVERSITY CENTER FOR PSYCHOTRAUMATOLOGY

Let yourself feel

It is normal to feel anxiety and stress in such threatening situations as the global COVID-19 pandemic. Accept the emotions you are experiencing and try to understand what is causing them. This is the first step to increasing stress resistance.

Identify which of the stressors you can control

Learn to say no to unreasonably high job requirements. Set work priorities and take regular breaks during work. Slow down the pace of work if you feel it's too fast for you. Avoid reading too much negative information related to COVID-19.

Don't lose social connections

Don't stop communicating with loved ones and friends – their support can be the most important pillar in difficult times. Identify people you can get support from. Talk to them. Try to share your feelings and experiences with colleagues.

Take care of your physical health

Try to eat healthy food and exercise regularly. Try to avoid heavy alcohol or psychotropic substance use, smoking. Contact a professional if you suspect that your harmful habits are becoming addictive.

Take care of your emotional health

Recognize frustrating emotions and seek psychological help promptly. Increased irritability, sleep disturbances, constant anxiety, and depressed mood may be signs of burnout or post-traumatic stress.

Take time for yourself and your hobbies

Look for activities that give you joy and help you get rid of negative thoughts.