Provider Well-being
In a Pandemic

Committing to self-care and well-being will bolster your ability address the challenges and related uncertainty of the COVID-19 pandemic. Take quick inventory of personal, professional, and community considerations using the tips below to promote health and wellness.

**PERSONAL**
Dealing with coronavirus will be a marathon, rather than a sprint. Make sure you are thinking about the long haul.
Be intentional about how you receive information, at what frequency, and from what sources. Curate resources that help you be a good friend, family member, citizen, and professional.
Schedule self-care activities like you would a meeting. Put self-care on your calendar and hold yourself accountable. Whether it is 15 minutes of meditation or an hour walk, you can make it work.
Things are not going to feel “normal” for quite some time. Acceptance and integration of new information and patterns will be critical to moving forward. Give yourself time to grieve losses, big and small.

**PROFESSIONAL**
Chances are you will have to adjust your goals for the year, or at least adjust how those goals are met. Prioritize and delegate activities to make sure you can address the things that are most important to you.
Check in with your professional organizations at the local, state, and national level. These groups are addressing a broad range of concerns and they have resources to guide and assist you.
Stay connected with your colleagues. Don’t let social distancing prevent you from sharing your questions, solutions, and coping strategies.

**COMMUNITY**
Service to others is a powerful antidote to fear and isolation. Check in on elderly neighbors, buy gift cards from local businesses, and send meals to health care workers who are making tremendous sacrifices for all of us.
Reach out to your friends and family. You are going to need their support and they are going to need yours.
Some institutions are recruiting volunteers to take calls from frontline health care workers who need emotional assistance. Consider contributing some of your time to help.

Prioritize and delegate activities to make sure you can address the things that are most important to you.
Self-Care Resources
*For psychologists, health-care workers, and the public*

**FAQs practicing psychologists have about COVID-19**
Answers to recent COVID-19-inspired questions.

**Practice resources in response to COVID-19**
Information from APA on COVID-19 and its impact on professional practice.

**Ethical guidance for the COVID-19 era**
Psychologists advise on ethical practice, research, teaching and applied work.

**STRESS, ANXIETY, AND GRIEF**

**Finding local mental health resources during the COVID-19 crisis**
Pandemic is leading many to experience anxiety, stress, depression.

**Saying goodbye in the age of physical distancing**
As COVID-19 changes the way we live, for many people, it changes the way we die.

**7 crucial findings to help you deal with anxiety over COVID-19**
Psychological research on past crises can help people cope with the daily — sometimes hourly — news flashes about the coronavirus.

**Grief and COVID-19: Mourning our bygone lives**
Psychologists point to ways we can heal from losses of our sense of safety to our social connections.

**PHYSICAL DISTANCING AND ISOLATION**

**COVID-19 isn’t just a danger to older people’s physical health**
As the world grapples with COVID-19, psychologists are pointing to a major new report that underscores the prevalence — and risks — of loneliness in older people and urges health-care providers to take action to help.

**Keeping your distance to stay safe**
With the number of COVID-19 cases increasing every day, psychologists offer insights on how to separate yourself from others, while still getting the social support you need.

**CE Corner: The risks of social isolation**
Psychologists are studying how to combat loneliness in those most at risk, such as older adults.

Thanks to the APA Advisory Committee on Colleague Assistance for their help developing this tip sheet.