What’s going on right now is a challenge for everyone. But healthcare professionals are particularly overburdened.

Take care of and be kind to yourself during this difficult time so you can take care of others. There are science-based things you can do right now to keep yourself going until you can get more help.

Acknowledge the negative emotions that come up and talk to colleagues about what you are feeling. Many are experiencing the same stress, anxiety, and grief. By opening up, you aren’t adding to their burden; you are giving them the opportunity to share, too.

**FIVE SCIENCE-BASED TIPS TO MANAGE YOUR STRESS**

**CALM YOURSELF**
Slowly breathe in for 4, hold it for 4, and then breathe out for 6. Repeat 10 times.

**FOCUS YOURSELF**
Slow your racing thoughts by counting backwards by three in your mind from 100 (100, 97, 94, etc.).

**RELAX YOURSELF**
One by one, tense each muscle group in your body for 10 seconds and then release. Notice how it feels to let your muscles relax and have the tension leave your body.

**GROUND YOURSELF**
Do a quick scan of your body and notice the air around you and any surfaces you are touching. If possible, close your eyes and focus on the sensations, textures, and temperatures.

**CELEBRATE YOURSELF**
You are dealing with huge challenges. Think about 3 things that went well today. If they involved another person, recognize and thank them whenever possible.