



Tips for supporting clinicians and staff during COVID-19 outbreak

These resources were compiled by Betsy Lehman Center peer support staff and will be updated as things change and more resources become available. If you would like to submit additional tools or resources, please send them to PeerSupport@state.ma.us. This list is also available and regularly updated online at betsylehmancenterma.gov/COVIDPeerSupport.

Resources for clinicians and staff

- Tips for emergency responders on taking care of yourself during disasters, [Centers for Disease Control and Prevention](#)
- Mental health and psychosocial considerations during COVID-19 outbreak, [World Health Organization](#)
- Holistic stress management tips, [American Holistic Nurses Association](#)
- Addressing anxiety about the coronavirus (COVID-19), [Magellan Health](#)
- Coping with fatigue, fear, and panic during a crisis, [Harvard Business Review](#)

Resources for managers

- Guide to managing stress in crisis response professions, [Substance Abuse and Mental Health Services Administration](#)
- Managing health care workers' stress due to COVID-19 virus outbreak, [National Center for PTSD](#)
- Supporting employees during traumatic events, [Magellan Health](#)
- Why leaders need meditation now more than ever, [Harvard Business Review](#)

Additional resources on mindfulness

- A relaxation toolkit, [Navy and Marine Corps Public Health Center](#)



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for Patient Safety

- Tips for reducing anxiety and stress during the pandemic video, [California Association of Family and Marriage Therapists](#) (7 minutes)
- The art of stillness, [TED Talk by Pico Iyer](#) (15 minutes)
- “Virtual Hope Box” app from the National Center for Telehealth & Technology contains simple tools to help patients with coping, relaxation, distraction, and positive thinking. [[Download on the Apple Store](#)] [[Download on Google Play](#)]
- Coronavirus sanity guide, [Ten Percent Happier](#)