

ASPR TRACIE Mini Modules to Relieve Stress For Healthcare Workers Responding to COVID-19

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The U.S. Department of Health and Human Services Office of the Assistant Secretary for Preparedness and Response (ASPR) Technical Resources, Assistance Center, and Information Exchange (TRACIE) has helped develop resources and participated in ASPR At-Risk Individuals, Behavioral Health & Community Resilience (ABC) interagency/ external partner working groups in every disaster recovery operation for the last five years, to assist with issues related to disaster behavioral health, provider self-care, suicide prevention, and compassion fatigue.

One continuous knowledge gap identified during this time has been the need for information for front-line healthcare and social services workers to use prior to and during a disaster such as the COVID-19 pandemic to recognize and reduce their stress levels and maintain resilience.

These mini modules are designed for healthcare workers in all settings, but primarily hospital-based providers, staff, and leaders.

[Stress Management Exercise](#)

This five-minute video and exercise can help healthcare practitioners understand stress reactions and learn how taking just a few minutes to check in with oneself and de-stress

[Creating a Practical Self-Care Plan in Difficult Times](#)

This short video can help healthcare providers create self-care plans to minimize stress and boost resilience.

[Leading Towards Organizational Wellness in an Emergency](#)

This short video can help healthcare leadership communicate in ways that mitigate stress in their staff working during the COVID-19 pandemic.

Additional resources can be found in the ASPR TRACIE [COVID-19 Behavioral Health Resources Collection](#).

For more information:



[ASPRtracie.hhs.gov](https://asprtracie.hhs.gov)



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