

Road to **WELL**fluent™

Embrace better health.

STRESS AND COPING

Outbreaks can be stressful

The outbreak of coronavirus (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of alcohol, tobacco, or other drugs

Everyone reacts differently to stressful situations

How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

People who may respond more strongly to the stress of a crisis include:

- Older people and people with chronic diseases who are at higher risk for severe illness from COVID-19
- Children and teens
- People who are helping with the response to COVID-19, like doctors, other health care
- Providers, and first responders
- People who have mental health conditions including problems with substance use



Take care of yourself and your community

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

To continue reading, visit <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Recognition is especially meaningful during the COVID-19 pandemic

The nursing world has quickly shifted attention from the World Health Organization's proclamation of the Year of the Nurse and Midwife to the COVID-19 pandemic.

Yet the convergence of these two events should not be lost on us. This year was going to be the time to celebrate the work of nurses and midwives internationally, highlight the challenging conditions they often face, and advocate for increased investments in the nursing and midwifery workforce.

Who could have imagined the critical importance of nurses in our society would be brought into focus so clearly by the COVID-19 pandemic? Every day, the media highlights the threatening conditions nurses and other healthcare providers are facing and how staff shortages may impact the healthcare system's ability to save lives. Although life as we know it may have changed, the core character of nurses has not.

At the DAISY Foundation, they often talk about how nurses take care of "the rest of us" and how grateful we are for their extraordinary skill and compassion. More than ever, "the rest of us" need to be taking care of nurses and other healthcare providers. The best thing we can all do to support the nurses in our lives is to follow CDC guidelines to minimize the virus's spread.

Nurses show resilience during COVID-19 pandemic

We all depend on the resilience of nurses — their ability to deal with everything being thrown at them and still return the next day, or night, to do it all over again. We depend on nurses' conviction, no matter the circumstances, to treat us every day with their clinical excellence but also to deliver that care with compassion.

The gratitude we show is a constant reminder to them that they are making a difference — a difference they may not realize they are making while in the throes of overloaded hospitals and too few resources that have become all too common during the COVID-19 pandemic.

We have heard from several nurse leaders that they are getting an unusually high number of nominations for The DAISY Award, which is testimony to the fact that nurses continue to provide above-and-beyond care no matter what. Nominations also show that patients, as always, want and need to say thank you.



We call on organizations that honor their nurses with the DAISY Award to continue to do so during these stressful times. Encourage nominations by patients and other staff and select honorees. Please allow your DAISY Awards to help maintain a modicum of normalcy. Don't let the pandemic stop the ritual of meaningful recognition for honorees and nominees.

Even if the award presentation is simply a small meeting with the honoree's CNO in her/his office, this expression of gratitude for making a difference to a patient will make a meaningful difference to that nurse. There is no better time to remind them why they became nurses.

The lessons of Florence Nightingale's nursing practice during the Crimean War are still being applied today during the COVID-19 pandemic — basic handwashing, maintaining standards of cleanliness, learning from the data, and more.

The WHO's commemoration of her 200th birthday, and, we believe, the goals the organization set for 2020 will be achieved beyond their expectations. Nurses deserve nothing less, now and always.

Source: <https://www.nurse.com/blog/2020/03/19/recognition-especially-meaningful-during-covid-19-pandemic/>

Health and Wellness gift for MOM

On this Mother's Day, give Mom the gift of health, fitness and well-being. No matter what age group the moms on your Mother's Day list fall into, those gifts never go out of style and are always the best ways to appreciate any mom on any day of the year – especially Mother's Day. Here's a list of gifts to give any and all moms. Visit: <https://www.menshealth.com/fitness/g19875740/mothers-day-fitness-healthy-gifts/>



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Additional Resources:

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

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