MANAGING COMMON SOURCES OF ANXIETY
For Frontline Providers and Associates

"I'm feeling alone"
Collaborate/organize with other front-line workers. Don't make difficult decisions alone. Ask and seek help, whether from peers or professionals. Especially when you feel afraid to do so. Build community with your coworkers and other frontline providers. Utilize available emotional support resources at Montefiore.

"What do I tell my kids and family?"
Reassure your children that you are a professional and have been trained to do this job while keeping safe. In a developmentally appropriate manner, tell your children what is going on, including your own feelings of fear/hope/sadness. Reassure them that we can focus on what is in our control.

"I am feeling scared"
This is so, so normal. Remember to treat yourself like you would treat someone you love very much - with heaps of self-compassion and love. Find ways to be kinder to yourself. Try to attend to the things that you can control (e.g., my resilience, eating well, my routine, following the latest information/advice for safety).

"No one is listening to me!"
Explicitly express your needs for reassurance, support, supplies, & PPE. Collectively ask for what you or your team will benefit from in this difficult time. Attend town halls, grand rounds, and other forums that allow you to express your voice.

"I don't have time for myself"
Taking care of ourselves is more important than ever - take breaks, practice mindfulness, get enough sleep, and eat well! Treat yourself as you would treat a loved one! Visit employee support centers in the hospital to get respite, lunch, and emotional supports.

Use resources
NYC COVID Emotional Support Helpline, 1-844-863-9314
Crisis Text Line, Text “HELLO” to 741741
National Parent Helpline, 1-855-427-2736

We deeply honor your work in this difficult time.