



## THE CENTER FOR LOSS AND BEREAVEMENT

### COVID-19 Support for Healthcare Professionals



#### COMMON STRESSORS

- Shift in personal and professional independence
- Anticipatory grief associated with patient decline
- Workload redistribution
- Physical and emotional fatigue
- Limited PPE
- Reduced social support
- Witnessing physical decline and death of patients
- Risk of disease transmission to self and family

#### SELF-CARE TIPS

- Mindfulness/Meditation
- Reading for Pleasure
- Debriefing with Coworkers
- Exercise
- Virtual Social Interaction
- Journaling
- Spiritual/Religious Practice
- Set Boundaries
- Healthy Eating
- Healthy Sleep Hygiene
- Artistic Expression
- Maintain Routines

#### HOW CAN WE SUPPORT YOU?

**Specialized Support Group** (virtual) – An ongoing group for those working in the medical field looking for support and space to process the ups and downs of ambiguous loss associated with COVID-19. Please contact Ashley Herr at [amh@bereavementcenter.org](mailto:amh@bereavementcenter.org) or 610-222-4110 x123 for more information.

**Educational Webinar**- Professional training opportunity to provide information on death education and ambiguous loss as it relates to the healthcare profession. Please contact Ashley Herr at [amh@bereavementcenter.org](mailto:amh@bereavementcenter.org) or 610-222-4110 x123 for more information.

**Clinical Counseling**- Individual, couple and family counseling services via Telehealth. Available to clients focusing on experiences with loss related to death, dying, and serious/chronic health conditions as well as those who may be impacted by COVID-19. Please contact Kendra Stenack at [kns@bereavementcenter.org](mailto:kns@bereavementcenter.org) or 610-222-4110 x101 for more information.

**Important Note:** As of March 13, 2020, all onsite counseling, group and educational services have moved to remote access in the face of the COVID-19 public health crisis. We will continue to take lead from our state and local officials and will reassess our status in the coming weeks as to when we can re-open our offices in Skippack. Know that your wellbeing, safety and mental health needs are at the heart of our entire mission and programming.