

6 WAYS TO KEEP CALM & REDUCE ANXIETIES



KEEP IN TOUCH

Make time for your friends and family. Stay in touch via phone calls or video chats.



TAKE A BREATH

Take a breather when you need to. Practice yoga breathing techniques or meditation. You can also make time to exercise or go for a walk to ease stressful thoughts.



STAY INFORMED

Stay well informed about the coronavirus and the safety protocols you should take. Avoid any news or misinformation from invalid sources.



TAKE CARE OF YOURSELF

Don't forget to care for yourself. As the CDC points out, it's not selfish to take breaks. Keeping yourself well is of top importance so that you are able to help those around you.



STAY CONNECTED WITH COLLEAGUES

Give and get support from colleagues. According to the CDC, "it's best to set up times to check-in with each other. Listen carefully and share experiences and feelings. Acknowledge tough situations and recognize accomplishments, even small ones. Monitor each other's workloads. Encourage each other to take breaks. Share opportunities for stress relief (rest, routine sleep, exercise, and deep breathing)."



ASK FOR HELP IF YOU NEED IT

Talk to a therapist or get professional help. With stay-at-home and social distancing orders in effect across the nation, many mental health professionals can be reached via telehealth.

Email us at: contactus@asmwaypoint.com

SOURCE: John Murphy. "7 Steps To Help Doctors Reduce Stress During the COVID-19 Outbreak" MDLinx, March 2020, www.mdlinx.com/internal-medicine/article/6589.

We care about your business and we are here to help.

