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Provider Well-being In a Pandemic

Committing to self-care and well-being will bolster your ability address the challenges and related uncertainty of the COVID-19 pandemic. Take quick inventory of personal, professional, and community considerations using the tips below to promote health and wellness.

PERSONAL

Dealing with coronavirus will be a marathon, rather than a sprint. Make sure you are thinking about the long haul.

Be intentional about how you receive information, at what frequency, and from what sources. Curate resources that help you be a good friend, family member, citizen, and professional.

Schedule self-care activities like you would a meeting. Put self-care on your calendar and hold yourself accountable. Whether it is 15 minutes of meditation or an hour walk, you can make it work.

Things are not going to feel “normal” for quite some time. Acceptance and integration of new information and patterns will be critical to moving forward. Give yourself time to grieve losses, big and small.

Prioritize and delegate activities to make sure you can address the things that are most important to you.

PROFESSIONAL

Chances are you will have to adjust your goals for the year, or at least adjust how those goals are met. Prioritize and delegate activities to make sure you can address the things that are most important to you.

Check in with your professional organizations at the local, state, and national level. These groups are addressing a broad range of concerns and they have resources to guide and assist you.

Stay connected with your colleagues. Don't let social distancing prevent you from sharing your questions, solutions, and coping strategies.

COMMUNITY

Service to others is a powerful antidote to fear and isolation. Check in on elderly neighbors, buy gift cards from local businesses, and send meals to health care workers who are making tremendous sacrifices for all of us.

Reach out to your friends and family. You are going to need their support and they are going to need yours.

Some institutions are recruiting volunteers to take calls from frontline health care workers who need emotional assistance. Consider contributing some of your time to help.

Self-Care Resources

For psychologists, health-care workers, and the public

FAQs practicing psychologists have about COVID-19

Answers to recent COVID-19-inspired questions.

Practice resources in response to COVID-19

Information from APA on COVID-19 and its impact on professional practice.

Ethical guidance for the COVID-19 era

Psychologists advise on ethical practice, research, teaching and applied work.

STRESS, ANXIETY, AND GRIEF

Finding local mental health resources during the COVID-19 crisis

Pandemic is leading many to experience anxiety, stress, depression.

Saying goodbye in the age of physical distancing

As COVID-19 changes the way we live, for many people, it changes the way we die.

7 crucial findings to help you deal with anxiety over COVID-19

Psychological research on past crises can help people cope with the daily — sometimes hourly — news flashes about the coronavirus.

Grief and COVID-19: Mourning our bygone lives

Psychologists point to ways we can heal from losses of our sense of safety to our social connections.

PHYSICAL DISTANCING AND ISOLATION

COVID-19 isn't just a danger to older people's physical health

As the world grapples with COVID-19, psychologists are pointing to a major new report that underscores the prevalence — and risks — of loneliness in older people and urges health-care providers to take action to help.

Keeping your distance to stay safe

With the number of COVID-19 cases increasing every day, psychologists offer insights on how to separate yourself from others, while still getting the social support you need.

CE Corner: The risks of social isolation

Psychologists are studying how to combat loneliness in those most at risk, such as older adults.

Thanks to the APA Advisory Committee on Colleague Assistance for their help developing this tip sheet.



TELEMENTAL HEALTH AND TELEPSYCHOLOGY

Ensuring patients have access to effective care

Research indicates phone-only psychotherapy will be effective for your patients.

Medicare telehealth billing update

The Centers for Medicare and Medicaid Services offers new instructions on place of service billing for telehealth.

Connecting with children and adolescents via telehealth

Advice for child and adolescent psychologists on using telehealth more effectively during COVID-19 crisis.

APA calls for comprehensive telehealth coverage

These are the telepsychology services that payers should cover.

Teleneuropsychology: New resources for your practice

Guidance on CPT codes, technical requirements and more for successfully providing neuropsychology services via telehealth.