

Your Psychological PPE

to Promote Mental Health and Well-Being



These recommendations are based on a review of published literature and the experience of health systems. For more information visit ihi.org.

Individual



→ Take a day off and create space between work and home life



→ Avoid publicity and media coverage about COVID-19



→ Receive mental health support during and after the crisis



→ Facilitate opportunities to show gratitude



→ Reframe negative experiences as positive and reclaim agency

Team Leader



→ Limit staff time on site/shift



→ Design clear roles and leadership



→ Train managers to be aware of key risk factors and monitor for any signs of distress



→ Make peer support services available to staff



→ Pair workers together to serve as peer support in a “buddy system”