

Stress Reduction

Practices

1. The app [Headspace](#) is offering free access to its relaxation program to US healthcare professionals who work in public health settings.
2. [CDC](#) advice for managing anxiety and stress.
3. Many places of worship are offering remote services
4. Walking in uncrowded spaces is free and safe.

Communication

1. Supporting colleagues/families who are ill
2. Consider using Zoom or other video platforms to stay in touch with colleagues and staff