

Mental Health of Service Providers: Suggested Strategies

Healthcare providers and other frontline workers may have negative mental health from trauma experienced on the job. Many strategies exist to support frontline workers and their families to cope with this trauma.

Practice 'Off-Duty' mode

Accept that certain things are out of anyone's control, and try to separate self-identity from the job.

Take a break from all job-related activities and information.



Stay in the Present

Research and practice mindfulness and grounding exercises that work best for you.

Try not to start or end your day on social media or looking at the news.

Focus on the present, rather than the past or future.

Live in the
Moment

Self-Care

Participate in healthy and pleasurable activities, even if they do not seem pleasurable at the moment.

Keep a steady routine to help regulate emotions.

Physical activity has been proven to support mental health.



Self- Compassion and Kindness.

Reframe negative self-talk and empathize with yourself.

Focus on the positive impacts made and accept that humans are error-prone.



Ask for Support and Communicate with Loved Ones

Stay connected to others and be assertive in asking for what is needed (e.g., “I need to talk about x. I would like you to do x for me. I would not like you to try and do x.”).

Discuss what is being experienced at work to soothe anxious family members who may be seeing frightening information all over the media.