





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 [ihl.org](https://www.ihl.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”