Healthcare providers are used to working under challenging, high-pressure conditions, but you now face extraordinary circumstances at work, at home, and in the world at large.

You’re worried about the safety of your patients, your family, and yourself. **These concerns are real, appropriate, and expected.**

At a time when so many things are out of our control it's helpful to identify the things we can control even when the rest of the world feels uncertain.

**It is more important than ever for you to care for yourself.** The way you do this may look radically different from what you did in the past. You may need new strategies.

**HERE ARE SOME TIPS FOR STAYING GROUNDED DURING THIS UNIQUE TIME:**

**Good health habits are critical.**
Protect your sleep routines. Maintain good nutrition and hydration. Get sunlight and fresh air. It will help your body stay on track.

**Keep moving!**
Walk your dog. Take a movement break at work. Try a new online exercise class. Physical activity is an essential tool for managing stress and regulating moods.

**Breathe.**
Our breath is the only stress response we can control. Slow down and pay attention. Meditation and yoga are great ways to practice being aware of your body’s needs.

**Practice self-compassion.**
Now is not the time to remodel your house or learn a new language. Maintaining the status quo is more than enough!

**Build a support system.**
Look for ways to stay connected with friends and family, whether near or far. Show love by both giving and getting help.

**Create predictability.**
Embrace familiar routines that help you restore a sense of normalcy and stability.

**Teamwork is key.**
Talk with coworkers. Nurture those bonds. Your colleagues may be in the best position to understand the pressures you're facing.

**Re-center.**
Make time to reflect - and rejuvenate. Create physical and virtual spaces where you can surround yourself with the sights, sounds, and smells that ground you.

Find more resources at nationalperinatal.org/psychologists

NNNP is a program of the National Perinatal Association.