



AGENCY FOR HEALTHCARE RESEARCH AND QUALITY



Feeling Stressed?

Do you have any of these signs of stress?

Physical

- Shallow breathing
- Increased heart rate
- Clenched teeth
- Upset stomach
- Headache
- Shoulders “at your ears”

Behavioral and Emotional

- Anger
- Fear
- Irritability
- Hopelessness
- Unable to concentrate
- Edgy, jittery

Try some of these ways to help manage your stress:

- Take a few deep breaths.
- Inhale for a count of 5, then exhale for a count of 5. Repeat this pattern for a few minutes if you can.
- Count to 10 before you react to a stressful situation.
- Focus on a sound or positive image, such as a beach or peaceful trail.
- Take a quick walk or stretch during a break.
- Talk to someone privately at work or away from work.
- Visit the Emotional PPE Project at <https://emotionalppe.org>. It connects healthcare workers with licensed mental health professionals who can help at no cost.
- Watch a series of short learning modules about stress and well-being. Visit the Agency for Healthcare Research and Quality’s website at <https://www.ahrq.gov/nursing-home/learning-modules> or scan the QR code.



Scan to access the current learning module listing.



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