



COVID EMPLOYEE WELLNESS

Volume 1: Taking Care of Yourself

Volume 2: Managing Information

Volume 3: Where to Go for Help

Volume 4: HealthCare Worker Self Care

COVID-19 And YOU EMPLOYEE WELLNESS CHECK Volume 2

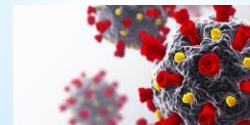
Managing Information

As HealthCare workers managing COVID-19, you are pulled in many directions. You need information, communication, supplies, resources and emotional support. **Information & Communication can reduce anxiety.** This volume of Employee Wellness Check focuses on managing information.

UHS Communication

- Daily Memos from CEOs.
- Daily meetings between UHS and all UHS Behavioral Health CEOs.
- Routine meetings & communication between Corporate Departments and Facility Counterparts.
- Divisional Clinical Directors are conducting weekly phone call meetings with facility Directors to assist in managing strategies for clinical programming during this time.

Coronavirus
(COVID-19)
Information



Managing Information

- ✓ Check with your facility about the latest COVID-19 information (supplies, resources, emotional support). Please only share information that is factual. Reducing rumors is essential when managing crisis situations. Be Part of the Solution!
- ✓ Use credible sources of information for COVID-19 information: [CDC.gov](https://www.cdc.gov) for Centers for Disease Control and Prevention. [WHO.int](https://www.who.int) for World Health Organization.
- ✓ WELLNESS REMINDER: Limit your amount of news intake and social media use.
- ✓ “Whenever disturbing news is delivered to you bear in mind no news can be relevant to your reasoned choice” ~ Epictetus

*Employee Assistance
Plan (EAP) XXX-XXX-XXXX*
