



TECHS

TOOLKIT FOR EMOTIONAL COPING
FOR HEALTHCARE STAFF



Many frontline healthcare staff are feeling the impact of the COVID-19 pandemic – feeling stressed, finding that their usual ways of coping are being stretched thin in this new and unusual situation.

The **Toolkit for Emotional Coping for Healthcare Staff (TECHS)** offers some concrete tools that may help.

Use TECHS to:

- Do a quick self-assessment of your stress reactions
- Learn & practice 3 tools to address a current stressor / adversity / challenge
- Compare notes with co-workers and peers to build team resilience

How do I use it?

- On your own – use the TECHS slides/pdf ([Download here](#)) or watch the [webinar](#)
- With co-workers / peers – gather a small group, fire up a Zoom / Skype call and try it together
- Facilitated by someone else – psychosocial staff at your institution may be available
- Go through the whole thing in one session (~45 mins) -- or do a bit at a time as your schedule allows



Tips

In a group

- Everyone shares only what they want to share
- Be clear about confidentiality

On your own

- Think about how co-workers might bring different perspectives
- Consider sharing with close friends or family

Keep it going

- Print pieces you find useful – put them where you'll see them regularly
- Pull out TECHS when you notice a new stressor is getting to you
- Set a time to check in with co-workers



SEE MORE COVID-19 RESOURCES FOR HEALTHCARE STAFF at HealthCareToolbox.org