

# Mnemonic Self-Check Screening for Health Care Providers

**B** Breathe. Breathing low and deep breaths helps us to calm down.

**E** Eat healthy foods.

**S** Stay hydrated.

**A** Avoid touching your eyes, nose, and mouth.

**F** Find ways to take time for yourself to unwind.

**E** Emotional health: Check your stress levels and how you're coping.

**S** Stay home if you are sick.

**E** Engage in regular self-reflection.

**L** Learn about coping and self-check strategies.

**F** Family and friend support systems are important.

**C** Combat stress with programs for coping, grief, and post-traumatic stress disorder.

**A** Avoid the news. Unplug from the pandemic.

**R** Rest.

**E** Exercise.