



# RESOURCES TO MAINTAIN PSYCHOLOGICAL READINESS DURING COVID-19

**PURPOSE:** Bureau of Medicine and Surgery (BUMED) compiled a list of resources on the topics of managing stress, maintaining mental wellbeing, and fostering resilience during the COVID-19 pandemic for Service members, families, leadership, and healthcare providers.

## RESOURCES FOR SERVICE MEMBERS



*-Center for Disease Control (CDC): Coronavirus Disease 2019 (COVID)-19: Stress & Coping:*

Information about potential stress reactions to COVID-19, ways to cope with stress, how to support loved ones, and emotional reactions to coming out of quarantine.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>



Substance Abuse and Mental Health  
Services Administration

*-Substance Abuse and Mental Health Services Administration (SAMHSA): Taking Care of Your Behavioral Health during an Infectious Disease Outbreak:*

Tips for social distancing, quarantine, and isolation, and how to support yourself.

<https://store.samhsa.gov/product/Taking-Care-of-Your-Behavioral-Health-During-an-Infectious-Disease-Outbreak/sma14-4894> \*Click PDF on the right side of the page to download this article



# Health.mil

*-Defense Health Agency (DHA): mHealth Clinical Integration Website*

Download and use mobile health apps, such as Breathe2Relax, T2 Mood Tracker, Tactical Breather, and Virtual Hope Box, to maintain and enhance mental health.

<https://health.mil/About-MHS/OASDHA/Defense-Health-Agency/Operations/Clinical-Support-Division/Connected-Health/mHealth-Clinical-Integration>

## RESOURCES FOR FAMILIES

**MILITARY  
ONE SOURCE**

*-Military OneSource: Coronavirus Updates for our Military Community*

Information for families coping with the stress of COVID-19, such as navigating child care, learning from home, staying healthy, and practicing resilience skills.

<https://www.militaryonesource.mil/coronavirus> \*Scroll down to 'Military OneSource Resources'



## AMERICAN ACADEMY OF CHILD & ADOLESCENT PSYCHIATRY

W W W . A A C A P . O R G

-American Academy of Child & Adolescent Psychiatry (AACAP): *Talking to Children about Coronavirus*

Suggestions on ways to talk with children about the evolving COVID-19 pandemic.

[https://www.aacap.org/App\\_Themes/AACAP/Docs/latest\\_news/2020/Coronavirus\\_COVID19\\_Children.pdf](https://www.aacap.org/App_Themes/AACAP/Docs/latest_news/2020/Coronavirus_COVID19_Children.pdf)

## RESOURCES FOR LEADERSHIP

### CSTS



Uniformed  
Services  
University

-Center for the Study of Traumatic Stress (CSTS): *COVID-19 Pandemic Response Resources: Resources for Leaders*

Fact sheets for leaders during the COVID-19 pandemic, such as crisis communication, grief leadership, and mental health guidelines for preparedness and response.

<https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response> \*Scroll down to 'Resources for Leaders'



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION

-American Psychological Association (APA): *How Leaders can Maximize Trust and Minimize Stress During the COVID-19 Pandemic*

A list of factors that can improve leadership communication in times of crisis.

<https://www.apa.org/news/apa/2020/03/covid-19-leadership>



## RESOURCES FOR HEALTHCARE PROVIDERS

# CSTS



*-Center for the Study of Traumatic Stress (CSTS): COVID-19 Pandemic Response Resources: Resources for Providers*

Fact sheets to support providers during COVID-19, such as how to support patients during quarantine/isolation, self-care, and fighting COVID-19 with better sleep.

<https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response> \*Scroll down to 'Resources for Providers'



**AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION**

*-American Psychological Association (APA): Grief and COVID-19: Mourning Our Bygone Lives*

Ways providers can help patients and the community heal from losses that may stem from COVID-19, such as a sense of safety, social connections, and financial resources.

<https://www.apa.org/news/apa/2020/04/grief-covid-19>

*Navy Medicine Caregiver Occupational Stress Control (CgOSC) Program*

BUMEDINST 6300.24 implements CgOSC in all Navy Military Treatment Facilities (MTFs). CgOSC is designed to address provider burnout, compassion fatigue, vicarious trauma, and moral injury. CgOSC components include recognition of stress injuries using the Stress Continuum Model (Green, Yellow, Orange, Red), teaching individual resilience skills, as well as using Buddy Care (peer-to-peer support) and unit assessments. Many of our MTF CgOSC teams are proactively and innovatively engaging to assist during the COVID-19 pandemic.



## RELATED RESEARCH



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION

*American Psychological Association (APA): Seven Crucial Research Findings That Can Help People Deal With COVID-19*

Lessons from the literature on the psychological consequences of disasters that include impact of media type, trustworthy sources, and perceptions of a lack of control.

<https://www.apa.org/news/apa/2020/03/covid-19-research-findings>

## THE LANCET

*The Lancet Journal: The Psychological Aspect of Quarantine and How to Reduce It: Rapid Review of the Evidence*

A review of the psychological impact of quarantine and recommendations based on the best available evidence.

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)30460-8/fulltext#%20](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30460-8/fulltext#%20)