

# References

## Care in the Time of COVID-19 Caring for colleagues

### Anxiety

- Shanafelt T, Ripp J, Trockel M. Understanding and Addressing Sources of Anxiety Among Health Care Professionals During the COVID-19 Pandemic. JAMA. Published online April 07, 2020. doi:10.1001/jama.2020.5893

### Reframing

- <https://www.verywellmind.com/cognitive-reframing-for-stress-management-3144872>

### Quarantine

Brooks, Samantha K et al. (2020) The psychological impact of quarantine and how to reduce it: rapid review of the evidence. The Lancet, Volume 395, Issue 10227, 912 - 920

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

### Habits, routine and rituals

This Harvard Business Review article summarizing the research of Mike Norton:

- <https://hbr.org/2020/04/the-restorative-power-of-ritual>

### Wellbeing initiatives

- Rimmer Abi, Chatfield Cat. What organisations around the world are doing to help improve doctors' wellbeing BMJ 2020; 369 :m1541. doi: <https://doi.org/10.1136/bmj.m1541> (Published 17 April 2020)

### Psychological First Aid

Free on-line resource from the Australian Red Cross

- <https://www.redcross.org.au/getmedia/dc21542f-16e4-44ba-8e3a-4f6b907bba6f/Psychological-First-Aid-An-Australian-Guide-04-20.pdf.aspx>

### Critical Incident Stress Information Sheets

- <http://www.solutions-eap.com/Custom-Content/WWW/CMS/files/Critical-Incident-Stress-InfoSheet.pdf>

### Pandemic Kindness Movement

A website hosting a series of resources for wellbeing during COVID 19 designed by Australian clinicians.

- <https://www.aci.health.nsw.gov.au/covid-19/kindness>

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