year of fear, societal disruption, and intense professional demands has taken on us all. Cases as the administration of effective vaccines picks up speed. There are reasons to feel yet that awful news is somewhat offset by steeply declining death rates and numbers of new COVID-19, a terrible milestone few fully anticipated at the start of the pandemic a year ago. Welcome to this issue of the New York DMH Responder, our newsletter for the Disaster Mental Health Responder.

Email: Institute for Disaster Mental Health

Institute for Disaster Mental Health

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Source

Inadequate sleep can not only cause personal suffering, but may increase the risk of stress. Moreover, stress induced by conflicts, natural disasters, etc., is a risk for health consequences of hospital staff are habitually sleep deprived and at risk of health consequences of keeping adequate sleep. To counter this risk, they offer a series of recommendations for hospital staffers to keep functioning safely and productively. To stay motivated, they suggested remembering a few simple steps:

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