

KEY MESSAGES: Mental health and substance use impacts of COVID-19 HEALTHCARE WORKERS



THE COVID-19 PANDEMIC IS IMPACTING THE MENTAL HEALTH OF WOMEN IN HEALTH CARE

Women in health care, particularly those that are younger, mid-career, single, and women who are caregivers to young children are experiencing increased stress and burnout as a result of COVID-19 and related public health measures.



THERE IS LIMITED INFORMATION REGARDING INTERVENTIONS TO SUPPORT THE WELLBEING OF WOMEN HEALTHCARE WORKERS DURING A PANDEMIC

Organization-led activities for stress reduction are poorly utilized. Women healthcare workers may prefer self-coping strategies such as rest, exercise, and practices such as yoga and meditation, but there is limited evidence to support the efficacy of these practices.

Regular exercise is a protective factor for depression and anxiety.

THERE IS AN URGENT NEED FOR RESEARCH STUDIES TO IDENTIFY STRATEGIES THAT WOMEN HEALTHCARE WORKERS CAN USE TO EFFECTIVELY MANAGE THEIR MENTAL HEALTH.

Learn more at <https://cihr-irsc.gc.ca/e/52001.html>