



Our Thanks and Support

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Dear Licensee,

Thank you for your tireless efforts to serve the healthcare needs of the people of New Jersey during this crucial time. You are doing essential, profoundly hard work, and we all owe you our thanks. Your willingness to show up, day after day, in this fight against COVID-19 makes you an inspiration to all of us, and solidifies our fortitude to do better, and to be better.

We also know, however, that your calling can take its toll. During this holiday season, [we encourage you](#) to take time and space to tend to your own physical and emotional well-being and, most importantly, feel comfortable asking for help.

Experts agree that caring for yourself is essential to being able to care for others. Resources are available to coach and support you. The CDC's advice on managing pandemic stress and anxiety is available [here](#). [First Responders First](#) offers several resources on [managing the stress](#) of working in public health in a time of pandemic, including [tiny "micro-steps"](#) to inject some self-care throughout the day. At the bottom of this email, you will also find information about additional outreach lines and online support groups that are available for health care practitioners right here in New Jersey.

Be sure to:

- Be on the lookout for signs of burnout, stress, and anxiety;
- Make time to unwind;
- Stay connected with family and friends through safe social distancing;
- Eat well;
- Rest;
- Exercise; and
- Ask for help if you need it.

Guidance is also [available](#) if you are looking for ways to [support your health care team](#) through this public health emergency.

You are not alone; we thank you and we support you. For more information on resources available to you, go to <https://www.njoag.gov/holidayhope/>.

Sincerely,

Paul R. Rodríguez
Acting Director
Division of Consumer Affairs
New Jersey Department of Law and Public Safety

