Holy Week, April 5–11, 2020

Holy Week is the most solemn week of observances for Christian faiths. It is during this week that we remember Jesus’ triumphant entry into Jerusalem — His betrayal and death on the cross — gaining eternal life for believers, through His resurrection on Easter Sunday.

From Bishop William Joensen, Bishop, Diocese of Des Moines:

“Each of us has the potential to be an instrument of God’s love, a light in our world. Each health care professional, first responder and scientist searching for a coronavirus cure, is an example of that light.

I encourage you for the next 50 days to magnify the light in our homes by lighting a candle or other light source for an hour after sunset and pray that darkness and disease do not prevail.

This Easter, I pray that light shines through us, as witnesses of God’s love.”
Caring for yourself during COVID-19 crisis

As health care professionals, our instinct is most often to put others first. However, as the COVID-19 crisis continues, it is more important than ever to take steps to manage stress – for your benefit, and for the benefit of your patients and loved ones.

• **Keep a regular routine as much as possible...** including regularly exercising, cleaning and virtual contact with family, friends and community members. Develop strategies for adapting your routine during periods of social distancing or self-isolation.

• **Stay connected and maintain social networks...** use technology to help you stay connected. Help others, through peer support and neighbor check in. Keep regular contact with the people you care about, even if you can’t visit in person.

• **Attend to your own needs and feelings...** engage in healthy activities you enjoy and find relaxing. Keep a regular sleep routine and eat healthy food. If you or someone you care for needs mental health support, contact your local health care provider.

• **Seek information from trusted sources...** if watching, reading or listening to the news is causing anxiety and distress, reduce your exposure and seek updated from trusted sources once or twice a day.

• **Find opportunities to share positive stories and acknowledge others...** there’s no better time than the present to recognize colleagues who are delivering the MercyOne Mission to serve “with fidelity to the Gospel as a compassionate, healing ministry of Jesus Christ to transform the health of our communities.” Hopeful messages to those living our Values and Cultural Beliefs can be meaningful to those working on the front line to keep all of us safe. There are many ways to show your appreciation for others, including:
  
  o Log in to the [MercyOne Reward and Recognition Program website](#) to share a note of thanks.
  
  o Honor a nurse by nominating him/her for [The DAISY Award](#).
  
  o Acknowledge a colleague’s outstanding contributions by nominating him/her for [the Spirit of Mercy Award](#).
  
  o [Share a Focused Story](#) about how a colleague or community member/group has shown compassion and kindness.

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Employee Assistance Program available 24/7

MercyOne’s Employee Assistance Program is available for confidential resources providing no-cost counseling, information and referral services to help address personal, family or work-related concerns. Access VITAL WorkLife through the [Inside CHI website](#) or 877-679-3819.

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Hearts for Our #HealthCareHeroes

Spread the love for health care heroes by updating your Facebook profile picture frame. Follow these instructions.