



Health & Wellness Resources

Resilience, Perseverance and Steadiness. This is how we will get through this!



STOP! and [watch this](#) visual breathing guide to relax and reset. You can do breathing exercises anywhere, at any time. Try it now! Take a deep, slow breath and exhale – and repeat the process one more time.

TAKE A REST and learn about the importance of self-care:

Self-Care for Essential Workers on the Frontlines of COVID-19

There are ways to protect yourself from the mental and emotional impact of COVID-19 trauma. Here are a few tips from the Mental Health First Aid Curriculum and National Council for Behavioral Health, member Jefferson Center for Mental Health.

- 1. Give yourself credit.**

You're going to work, probably with an increased workload. You may be interacting with the public. Your household income may have shrunk. No matter how stressed you are,

your emotions are valid and natural. Acknowledging this is an important component of maintaining your mental wellness.

2. **Go back to basics: eat, sleep, move.**

Take care of your body, but be realistic. If you can't fit in eight hours of sleep in a row, try power naps (15-20 minutes) to recharge. Try to eat as healthfully as you can. Try to move, because movement helps mitigate the effects of stress hormones.

3. **Tackle stressors one at a time.**

What can you do — directly or indirectly — to deal with your stressors? Can you reduce the amount of news you consume? Can you sleep more? Can you give yourself permission to simply do the best you can?

4. **Ask for help.**

If you are experiencing overwhelming feelings of anxiety or depression, don't be afraid to ask for help. Your employer may have resources, such as a Job Retention Service (JRS), to help you cope with the current situation, so talk to your supervisor about what's available.

5. **Be kind to yourself.**

What makes you feel good? Do you like to read, to exercise, to journal? Find your "things" and make a few minutes for them. Focus on what you need to get through today rather than exploring the "what-if" rabbit hole. And remind yourself: Your work matters. You are helping people every day!

TAKE 5 minutes and download [COVID Coach](#), a free wellness app designed by the Veteran Affairs's National Center for PTSD.

National Center for PTSD

COVID COACH



COVID Coach is a **free, easy-to-use mobile application** created for everyone, including Veterans and Servicemembers, to support self-care and overall mental health during the coronavirus (COVID-19) pandemic. It was developed by the Department of Veterans Affairs (VA) in 2020. The app connects you to resources to help you cope with stress, stay healthy, stay connected, and navigate parenting, caregiving, and working at home while social distancing or sheltering in place. COVID Coach is not meant to replace professional care related to COVID-19 or mental health conditions.

LEARN ABOUT COPING DURING THE PANDEMIC

COVID Coach can support you with information to help you stay balanced, connected, safe, and healthy.

- Learn about healthy behaviors to protect yourself during the pandemic
- Find tips to help you with remote working, parenting, and caregiving
- Explore indoor activities to do on your own, with a partner, or with children

MANAGE SELF-CARE AND WELL-BEING

Find tools to help you manage stress during the pandemic. You can also mark the activities that are your favorites and create your own tools.

- Practice relaxation and other stress-management exercises
- Track your mood, anxiety level, well-being, and stress symptoms over time to recognize patterns and figure out what works for you
- Create your own personal support network

SET PERSONAL GOALS AND TRACK GROWTH

Creating a goal for yourself—something you can do on a daily basis to help you take care of yourself—and tracking your growth is a helpful way to focus on the positive.

- Set personal goals: small things to help yourself, a family member, or a friend
- View graphs that show your growth over time
- Set reminders to visit the app each day and work toward your goals

GET SUPPORT

If you're in crisis, there are resources to connect with people who can help. Add contact information for people you trust and reach out when you need support.



For more information, visit:
www.ptsd.va.gov/appvid/mobile

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IF YOU CAN TAKE 5, consider checking out this [30 Days of Mindfulness Challenge](#) from Headspace.

- 1 Before going to sleep, write down 3 things you have really appreciated from the day today.
- 2 Walk for 10 minutes today, without looking at your phone, focused on your surroundings.
- 3 Without any judgment or criticism, count how many times your mind gets distracted today.
- 4 Every time your phone vibrates or pings today, pause and follow one breath before looking at it.
- 5 Brush your teeth with your non-dominant hand today to help encourage attention.
- 6 De-clutter part of your house or office today, helping the mind to feel calmer and clearer.
- 7 Drink a mindful cup of tea or coffee today, free from other distractions, focused on taste and smell.
- 8 Move email and social media apps to the second page of your phone today.
- 9 Notice the sensation as you change posture today from standing to sitting or sitting to standing.
- 10 Without forcing it, ask someone how they are today and listen to the reply free from opinion.
- 11 Commit to no screen time for 2 hours before bed today, other than playing the sleep exercise.
- 12 Pause for 60 seconds to follow the breath each time you enter and exit the car/bus/train today.
- 13 Sit down and listen to a favorite song or piece of music today, whilst doing nothing else at all.
- 14 Take 5 x 2 minute breaks today and simply follow the breath, as you do in your meditation.
- 15 Rather than text someone today, call them instead and have a proper conversation.
- 16 Check the kids sleeping before going to bed today and follow three of their deep breaths.
- 17 Reset your posture each time you sit down today, gently straightening the back.
- 18 Give heartfelt thanks to someone today who has recently helped you in some way.
- 19 Turn off all notifications on your phone today.
- 20 Eat one meal alone today, without any distractions at all, focusing just on the tastes and smells.
- 21 Take one full breath (both in and out) before pressing send on any email or social post today.
- 22 Commute without music today, just for one day, and see how much more you notice.
- 23 Buy someone a coffee/tea/cake today, for no reason, and without expectation of thanks.
- 24 Get some exercise today, without your phone, and focus on the physical sensations.
- 25 Take 3 x 30 minute breaks from the phone today, set a timer if you need to.
- 26 Take one square of chocolate today and allow it to melt in the mouth, enjoying without chewing.
- 27 Write a handwritten card/letter to a good friend you've not seen for a long time.
- 28 Do something playful, whatever makes you smile or laugh, at least one time today.
- 29 When you get to work, or arrive home today, pause and follow 10 breaths before entering.
- 30 Carry some loose change today and share it with people on the street who need it more.

Days of
Mindfulness

30



TAKE TIME OUT, PAUSE AND RELAX: YOU DESERVE IT!

✚ *What you think you become. What you feel you attract. What you imagine, you create. -Buddha*

<https://www.facebook.com/powerofpositivity/videos/10155575948392371/>

✚ *Max Strom's: 30 minutes Inner Axis Practice: Interdisciplinary system, Inner Axis, deals directly with sleeplessness, stress, and anxiety and produces a level of fitness that makes you feel better, sleep better, and therefore function at a higher level in your relationships and your life-work.*

<https://www.youtube.com/watch?v=RIB6rH8bcVk>

✚ *Physical Health: How it affects your mental health...*

<https://www.youtube.com/watch?v=lbjry40AIN8&feature=youtu.be>

✚ Greenville Yoga provides a warm community gathering place that allows you to slow down and take time for self-care. We host wonderful teachers who have a depth of knowledge and years of experience; creating a safe place of healing, open to all.

Greenvilleyoga.com

ALL CLASSES ARE BEING VIEWED THROUGH ZOOM

✚ Exercise Videos:

- [Push ups](#)
- [Squats for beginners](#)
- [Planks](#)
- [Desk Exercises](#)

Free tools to support the mental health and resilience of all nurses through the [ANA Well-Being Initiative](#)

- **Feeling stressed?**

Answer 10 quick questions to check in with yourself and get suggestions for resources to help.

- **Check out the [MoodFit App](#)**

For reminders and resources on self-care during times of stress.

- **Check out the [Happy App](#)**

For nurses who want to talk with a supportive person, the Happy app provides free 24/7, one-on-one conversations with Support Giver team members from the comfort and privacy of your home. You talk and they listen - with open ears and zero judgment. First calls for all nurses are complimentary (made possible by the American Nurses Foundation).

- **[Nurses Together: Connecting Through Conversations](#)**

There is huge value in talking with people undergoing similar experiences during times of crisis. Please join us for facilitated, nurse-to-nurse video calls that provide a safe space to talk openly about self-care and wellness, recovery and resilience, care dilemmas, bereavement, and more. See the schedule and register for upcoming conversations [here](#).

- **[Narrative Expressive Writing](#)**

Help process your experiences related to COVID-19 with this five-week guided Narrative Expressive Writing program. Participants are invited to respond anonymously to weekly prompts that are reviewed and responded to by trained professionals. Sign up to participate [here](#).

- **Mental Health Support Services**

Looking for help and not sure where to start? Use this Nurses' Guide to Mental Health Support Services to better understand what support systems and services are available to you and how to locate them. From peer support options to easy and anonymous

ways to find a mental health provider, this guide breaks down what you need to know and do to locate the mental health support that is right for you. You are not alone!

○ **The following offer free and discounted mental health treatment to nurses:**

▪ **[Coronavirus Online Therapy](#)**

Therapists offering short-term, pro-bono or low fee online sessions to “front line” or “essential” workers (someone who does not have the privilege to work from home, or “shelter in place”).

▪ **[Give an Hour](#)**

Give an Hour’s Hospital Heroes Program provides six hours of free, confidential, mental health support to all hospital-based essential employees in the states of NY, NJ, and CT as well as their loved ones.

Please note that the resources provided above are to be used at your own discretion and when appropriate under professional guidance.