

COVID WELLNESS GUIDE

The COVID-19 Pandemic has brought to light the essential need for wellness during an extremely challenging and emotionally turbulent time. This guide provides a few elements of laughter, action, and support as well as some resources for personal and professional fulfilment! Wishing you continued safety and wellness!

-AAP Section on Med-Peds, Physician Health and Wellness Committee

Ten Percent Happier:

Coronavirus Sanity Guide (FREE)

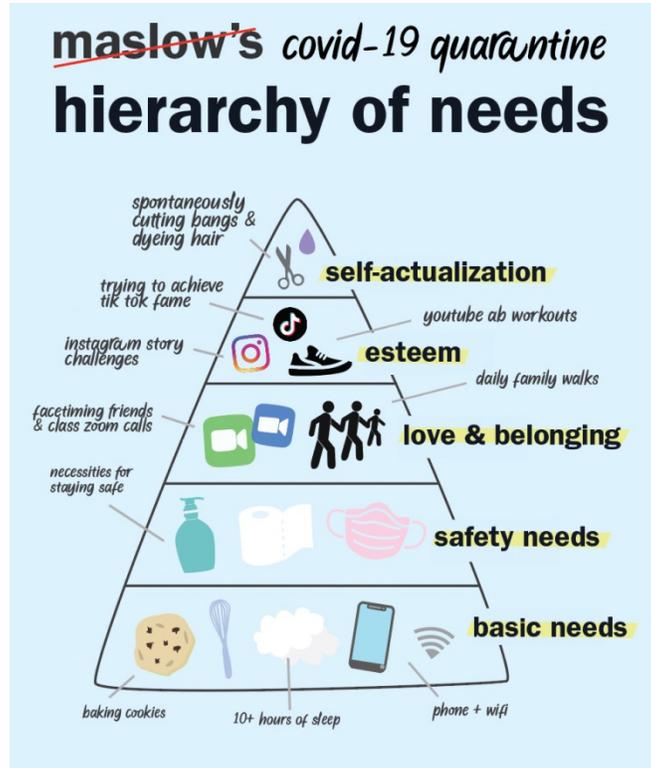
- blogs, posts, and podcasts to help build resilience and find calm amidst the chaos!

<https://www.tenpercent.com/coronavirussanityguide>



Avoiding Cabin Fever:

[125 things to do with kids in a quarantine](#)



Healthcare Workers Discounts:

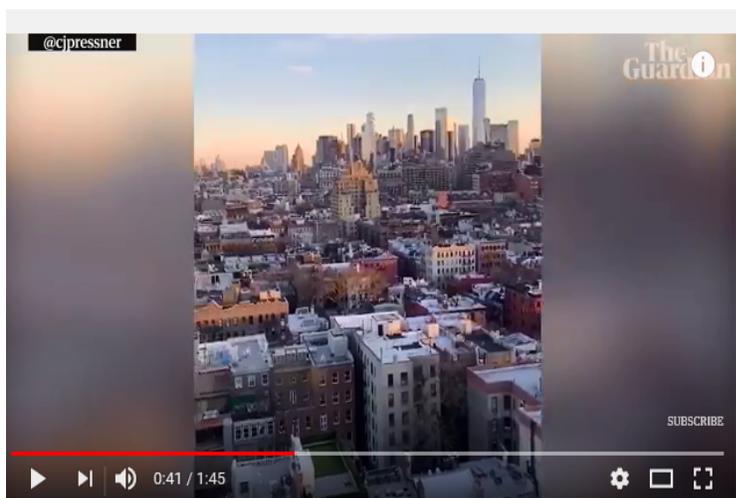
- Addidas
- BP/Amoco Gas
- Crocs
- Nike
- Reebok
- Headspace (free meditation app)
- Talkspace
- Wyndham Hotels
- Home Chef
- Krispy Kreme
- McDonald's
- Starbucks
- Air BNB
- Allbirds
- Dagne Dover
- North Face
- Underarmour
- Yeti
- At&T
- Lovesac
- Tide
- Verizon
- Ollie dog food

<https://www.cnn.com/2020/04/24/cnn-underscored/coronavirus-healthcare-workers-deals-discounts/index.html>

Strategies for Survivor's Guilt:

- ❖ Realize that your reaction is normal
- ❖ Allow yourself to grieve
- ❖ Support those close to you
- ❖ Continue to focus on your part of the whole and contribution to the greater good
- ❖ Pay it forward/do something positive

<https://www.verywellmind.com/survivors-guilt-4688743>



<https://www.youtube.com/watch?v=-5Xqjyfl68c> – GRATEFUL FOR YOU, OUR HEALTHCARE WORKERS!

3 Methods of Coping During Health Care Crises:

Problem-Focused Coping (clear, actionable strategies to help cope)

- PPE Assessment, Donning/Doffing Education,
- Basic Needs (food, shelter, sleep, Lodging, Child Care)
- Protocols, frequent communications/emails
- Data assessment

Emotion-Based Coping (acknowledgement of feelings/emotions)

- Social integration, Virtual Connections
- Check-ins, Debriefs
- Pauses, Rituals, Uplifts, Positive feedback
- Breathing exercises/mindfulness techniques

Meaning-Focused Coping (developing a growth mindset)

- Focusing on what matters most
- Looking at the long term outcomes, bigger picture
- appreciating the silver lining

*Goal is to move from the 1st to the 3rd over time in any crisis situation

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html

Structured Debriefs:

Taking the Time to Talk

- Ask open-ended questions
- Review the psychology of crisis and nature of trauma
- Stay calm, demonstrate respect, compassion, empathy
- Practice active listening
- Encourage sharing and help seeking
- Discuss appropriate coping strategies
- Develop your own emotional insulation
- Balance Work, Play and Rest Yourself