



UNIVERSITY *of* MARYLAND
MEDICAL CENTER

*Staff Resilience in the Face of
COVID-19*

Resilience in the Face of Adversity



- Welcome!
- As health care professionals, we are faced with a unique set of challenges. Unlike many of our friends and family members, many of us are unable to work from home. We are on the frontline, serving patients that need our assistance. Because of this, we are challenged with additional stressors.
- Over the past couple of weeks, our world has changed and will continue to change moving forward. Our fears and anxiety have heightened. We truly feel that our healthcare workers are part of the superhero network that is UMMC/UMMS. COVID-19 is certainly testing those limits. The following are resources we feel may help.



This site was created to assist in providing support that you may need both while you are working and when you return home. The site is separated into 3 sections:

- Education
- Stress Management
- Web related resources

Education

This section will focus on information about COVID-19 (symptoms, prevention and treatment) as well as the need for us to manage our stress and anxiety.





EAP and Web related Support

Although we are currently limited in the time we can spend with each other, it remains vital to connect with people to build comradery and gather support.

Resources have been developed and put into place and are ongoing. Interactive tools will be important to help manage stress and challenges you may be having related to work and providing patient care. It will be important to focus on accomplishments and positive thinking to get you through the days and weeks to come. Reach out for help as you need it.



You are not alone

*We hope that you will find these
to be valuable resources in this
difficult and challenging period.*

Education

With things changing on an hourly basis these days, healthcare workers are faced with situations that are causing more stress than usual. It is important as a healthcare worker that you take care of yourself so that you can continue to take care of your patients. What follows are some strategies to consider.



Education continued

- Watching or listening to the news these days is extremely stressful and although it is important to be well informed, it can be very overwhelming and anxiety provoking.
- Listen to good news as well. This may be more difficult to find these days but it will be worth the effort. We need to remind ourselves that there is still a great deal of good out there
- Seek information from only trusted sources
- Limit the amount of news that you watch and set aside specific times of day to watch/listen, limiting yourself to twice a day (maybe morning and evening)
- Get the facts, not the rumors or misinformation
- Fact check information with the World Health Organization or the CDC
- Facts can help minimize fears

- Protect yourself and be supportive of others
- Do not forget to ask your co-workers how they are doing and how you can help. Assisting others can be a win-win situation!
- When working with co-workers please remember the 6 foot rule
- Check in by phone with family members not living in your home and/or neighbors/friends
- Working together as a community can help create solidarity
- Find opportunities to share hopeful and positive stories

- Don't forget the basics of taking care of yourself. These are necessary.
- Sleep! Your days may be long and hectic but when you're done make sure to schedule enough time to sleep and re-charge your batteries 
- Eat! Just because you are busy does not mean you should skip meals. Take time to treat yourself to some nourishing, healthy food...and maybe a yummy treat from time to time 
- Engage in some type of physical activity...preferably something you enjoy
- Stay connected to your loved ones



Education continued

- Keep things in perspective
- Realize that it's understandable to feel anxious and worried, however try not to let this anxiety overtake you
- Practice mindfulness techniques that help you live in the here and now
- While current circumstances are beyond our control, we can control our reaction to things. Keep calm and carry on!
- Be prepared but do not panic – have adequate supplies available at home (no do not hoard toilet paper please!)
- Be as educated as possible. Get your information from reliable sources and make sure to take a break from the news
- Reframe your negative thoughts ex: “this is a terrible time” to “this is a terrible time, but I can get through this with support”

In order to gain a sense of control we can:

- Self monitor and pace ourselves
- Do regular check-ins with colleagues, family and friends
- Working in partnerships or in teams
- Brief relaxation/stress management breaks
- Regular peer consultation and supervision
- Time-outs for basic bodily care and refreshment
- Regularly seeking out accurate information and mentoring to assist in making decisions
- Keeping anxieties conscribed to actual threats
- Doing their best to maintain helpful self-talk and avoid overgeneralizing fears
- Focusing their efforts on what is within their power
- Acceptance of situations they cannot change
- Fostering a spirit of fortitude, patience, tolerance and hope



At the same time, try to avoid the following:

- Working too long by yourself without checking in with colleagues
- Working “round the clock” with few breaks
- Feeling that you are not doing enough
- Excessive intake of sweets and caffeine

Engaging in self-talk and attitudinal obstacles to self-care, such as:

“it would be selfish to take time to rest”

“Others are working around the clock, so should I”

“The needs of survivors are more important than the needs of helpers”

“I can contribute the most by working all the time”

“Only I can do...”



Dealing with Stress in the Aftermath of the Outbreak

After a period of caring for those with COVID-19, a readjustment period is to be expected. Health care workers will need to commit to making personal reintegration a priority. This includes:

- Seeking out and sharing social support, which may need to occur virtually
- Checking in with other colleagues to discuss work experiences
- Increasing supervision, consultation, and collegial support
- Scheduling time off work for gradual reintegration into personal life
- Preparing for worldview changes that may not be mirrored by others in one's life
- Avoiding negative coping strategies such as use of alcohol, illicit drugs, excessive amounts of prescription drugs, which all interfere with sleep cycles and prolong recovery

The CDC's web site has much up to date information. The following are samples of information from that site we thought may be important for you to know. To access the links please go to the CDC webpage at CDC.gov

Key Facts

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

For up-to-date information, visit CDC's coronavirus disease 2019 [situation summary page](#). We strongly advise you to seek out this website for science based facts.

- **Diseases can make anyone sick regardless of their race or ethnicity.**

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

- **For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.**

Older adults and people of any age who have serious [underlying medical conditions](#) may be at higher risk for more serious complications from COVID-19.

- **Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.**

For up-to-date information, visit CDC's coronavirus disease [situation summary page](#).

There are simple things you can do to help keep yourself and others healthy.

DO THESE THINGS consistently and habitually:

Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.

Use hand sanitizer if not able to get to a sink.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Stay home when you are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

You can help stop COVID-19 by knowing the signs and symptoms:

Fever

Cough

Shortness of breath

Seek medical advice if you

Develop symptoms

Have been in close contact with a person known to have COVID-19 or live in or have recently traveled from an area with ongoing spread of COVID-19.

Important-Call ahead before you go to a doctor's office or emergency room. Tell them about your recent travel and/or your symptoms.

Watch for symptoms

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

These symptoms may appear **2-14 days after exposure** (based on the incubation period of MERS-CoV viruses).

Fever

Cough

Shortness of breath

Additional guidelines are ongoing via hospital communications titled COVID-19 response. See these on the intranet or via email daily for the most up to date information

When to Seek Medical Attention

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**.

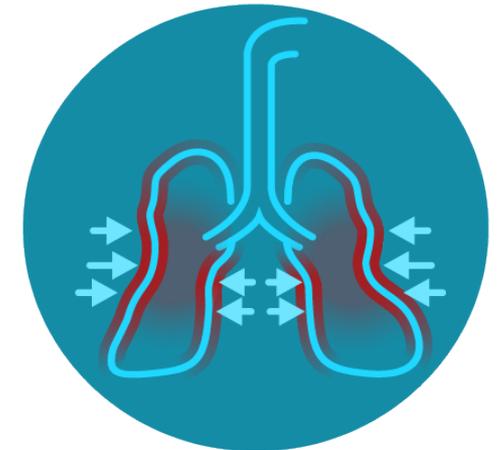
Emergency warning signs include*:

Trouble breathing

Persistent pain or pressure in the chest

New confusion or inability to arouse

Bluish lips or face



***This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.**

What To Do if You Are Sick

If you have a fever or cough, you might have COVID-19.

Most people have mild illness and are able to [recover at home](#). Keep track of your symptoms. If you have [an emergency warning sign](#) (including trouble breathing), get medical attention right away.

Steps to help prevent the spread of COVID-19 if you are sick

Follow these steps : If you are sick with COVID-19 or think, you might have COVID-19, follow the steps below to care for yourself and to help protect other people in your home and community.

Stay home except to get medical care

Stay home: Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.

Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other [emergency warning signs](#), or if you think, it is an [emergency](#).

Avoid public transportation: Avoid using public transportation, ride sharing, or taxis.

Separate yourself from other people in your home; this is known as home isolation

Stay away from others: As much as possible, you stay away from others. You should stay in a specific “sick room” if possible and away from other people in your home. Use a separate bathroom, if available.

See [COVID-19 and Animals](#) if you have questions about pets.

If someone in your home is sick it is particularly important to follow guidelines outlined on the CDC website.

[UMMS Advice on What to Do if Someone in Your Home is Sick](#)

If someone in your home is sick. Please go there for a thorough review of these guidelines.

Call ahead before visiting your doctor or dentist

Call ahead: Many medical visits for routine care are being postponed or done by phone or telemedicine.

If you have a medical/dental appointment that cannot be postponed, call your doctor's office, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.

If you are sick, wear a facemask in the following situations, if available.

If you are sick: You should wear a facemask, if available, when you are around other people (including before you enter a healthcare provider's office).

If you are caring for others: If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then as their caregiver, you should wear a facemask when in the same room with them. Visitors, other than caregivers, are not recommended.

Note: During a public health emergency, facemasks may be reserved for healthcare workers. You may need to improvise a facemask using a scarf or bandana.

Cover your coughs and sneezes

Cover: Cover your mouth and nose with a tissue when you cough or sneeze.

Dispose: Throw used tissues in a lined trashcan.

Wash hands: Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Clean your hands often-Handwashing tips are on the CDC website

Wash hands: Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.

Hand sanitizer: If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

Soap and water: Soap and water are the best option, especially if hands are visibly dirty.

Avoid touching: Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items

Do not share: Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.

Wash thoroughly after use: After using these items, wash them thoroughly with soap and water or put in the dishwasher.

Clean all “high-touch” surfaces everyday

Clean high-touch surfaces in your isolation area (“sick room” and bathroom) every day; let a caregiver clean and disinfect high-touch surfaces in other areas of the home.

Clean and disinfect routinely clean high-touch surfaces in your “sick room” and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.

If a caregiver or other person needs to clean and disinfect a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.

High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

Clean and disinfect areas that may have blood, stool, or body fluids on them.

Household cleaners and disinfectants: Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.

Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure, you have good ventilation during use of the product.

Most EPA-registered household disinfectants should be effective.

[Complete disinfection guidance](#)-is located on the website

Monitor your symptoms

Common symptoms of COVID-19 include fever and cough.

Trouble breathing is a more serious symptom that means you should get medical attention.

If you are having trouble breathing, seek medical attention, but call first.

Call your doctor or emergency room before going in and tell them your symptoms. They will tell you what to do.

Wear a facemask: If available, put on a facemask before you enter the building. If you cannot put on a facemask, cover your coughs and sneezes. Try to stay at least 6 feet away from other people. This will help protect the people in the office or waiting room.

Follow care instructions from your healthcare provider and local health department: Your local health authorities may give instructions on checking your symptoms and reporting information.

When to Seek Medical Attention

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**. Emergency warning signs include*:

Trouble breathing

Persistent pain or pressure in the chest

New confusion or inability to arouse

information obtained from the following sources:

World Health Organization, Centers for Disease Control and Prevention

Stress Management



Stress management continued

Stress management is key in being able to regulate our emotions and remain productive and happy during this time. What follows are some coping strategies to use to effectively manage stress and decrease anxiety.

Being mindful of your thoughts, feelings and emotions is the first step in managing and regulating your mood and behavior.

The following is a culmination of information we thought may be helpful during this time. Stress management in practice will help you get to the other side.

*Mindfulness is simply
being aware of what is
happening right now
without wishing it were
different.*

*~Enjoying the pleasant
without holding on when it
changes. (which it will)*

*~Being with the unpleasant
without fearing it will always
be that way. (which it won't)*

~James Baraz

GratitudeHabitat.com



6 STEPS TO MINDFULLY DEAL WITH DIFFICULT EMOTIONS



1

Turn toward your emotions with **acceptance**

Become aware of the emotion and identify where you sense it in your body.

Identify and label the emotion

To stay mindful, say to yourself, "This is anger" or "This is anxiety."

2



3

Accept your emotions

Don't deny the emotion. Acknowledge and accept that it is there.

Realize the **impermanence** of your emotions

Even if the emotion feels overwhelming, remember that it will pass.

4



5

Inquire and investigate

Ask yourself, "What triggered me? Why do I feel this way?"

Let go of the need to control your emotions

Be open to the outcome of your emotions and what unfolds.

6



The Gottman Institute

Stress management continued

Remember,
you alone get
to choose what
matters and
what doesn't.
The meaning
of everything in your
life has precisely
the meaning
you give it.
- marcandangel

Gratitude Journal Prompts

1. What was the best thing that happened today?
2. Who makes you feel loved and why?
3. Name something that makes you happy.
4. What is your favorite outdoor activity?
5. Name someone that helps you.
6. Name someone that is nice to you.
7. What is your favorite thing to do on the weekend?
8. Name something that you are grateful to have.
9. What do you like to do with your family and why?
10. Where is your favorite place to go?
11. Name someone that makes you smile.
12. Who is your best friend and why?
13. What do you like most about your school or job?
14. What do you like most about your favorite subject?
15. Who was the last person to give you something?
16. What is the best gift that you have ever received?
17. Name the best thing that has ever happened to you.
18. What is your favorite game or sport and why?
19. Where is your favorite place to play or relax?
20. What do you like most about your family?
21. Name an animal that you feel thankful for.
22. What is your favorite thing to do at home?
23. Name a person that you love and why?
24. What is your favorite hobby and why?
25. Who do you like to spend time with?
26. Name someone that you feel grateful for.

rhythmsofplay.com

How Are You Feeling Today?



EXHAUSTED



CONFUSED



ECSTATIC



GUILTY



SUSPICIOUS



ANGRY



HYSTERICAL



FRUSTRATED



SAD



CONFIDENT



EMBARRASSED



HAPPY



MISCHIEVOUS



DISGUSTED



FRIGHTENED



ENRAGED



ASHAMED



CAUTIOUS



SHRUG



DEPRESSED



OVERWHELMED



HOPEFUL



LONELY



LOVESTRUCK



JEALOUS



BORED



SURPRISED



ANXIOUS



SHOCKED



SHY

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Coping Tips

People that are feeling emotional distress related to COVID-19 can take actions to help support themselves and others.

Set a limit on media consumption, including social media, local or national news.

Stay active. Make sure to get enough sleep and rest. Stay hydrated and avoid excessive amounts of caffeine or alcohol. Eat healthy foods when possible.

Connect with loved ones and others who may be experiencing stress about the outbreak. Talk about your feelings and enjoy conversation unrelated to the outbreak.

Get accurate health information from reputable sources. For health information about COVID-19, please contact the Centers for Disease Control at [cdc.gov](https://www.cdc.gov), your local healthcare provider, or your local 211 and 311 services, if available.

Stress management continued

If you're experiencing emotional distress related to COVID-19, please call the [National Suicide Prevention Lifeline](#) or your [local crisis line](#).

For coping tools and resources, visit the Lifeline website at suicidepreventionlifeline.org or Vibrant Emotional Health's Safe Space at vibrant.org/safespace.

Helpful Resources

Reliable sources of information about COVID-19:

[Centers for Disease Control and Prevention \(CDC\)](#)

[World Health Organization \(WHO\)](#)

Other Helpful Resources to Support Your Mental and Emotional Wellbeing:

CDC's Stress "page provides what stress can look like and tips to manage that stress.

The National Child Traumatic Stress Network has a [guide](#) for parents and caregivers to help families cope with the Coronavirus Disease 2019 (COVID-19).

Mental Health America has compiled a range of resources and information on their "[Mental Health and COVID-19](#)" page.

Seek out these sites for more information

Stress management continued

SAMHSA's "[Coping With Stress During Infectious Disease Outbreaks](#)" page outlines the signs of stress and steps you can take to alleviate stress.

SAMHSA's "[Taking Care of Your Behavioral Health](#)" page provides tips for social distancing, quarantine and isolation during an infectious disease outbreak.

SAMHSA's "[Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#)" page provides parents, caregivers, and teachers with strategies for helping children manage their stress during an infectious disease outbreak.

Vibrant Emotional Health's [Safe Space](#) provides interactive coping tools to help users when they need it.

If you feel you or someone you know may need emotional support, please visit the Lifeline's website at suicidepreventionlifeline.org for helpful resources or call 1-800-273-TALK (8255). The Lifeline is free, confidential, and available to everyone in the U.S. You do not have to be suicidal to call the Lifeline.

The NYS Office of Mental Health's "[Managing Anxiety in an Anxiety Provoking Situation](#)" resource page provides tips for all on how to manage anxiety surrounding the COVID-19 outbreak.

Seek out these sites for more information

If you're worried that someone in your life may be suicidal, you can use the Lifeline's [5 steps to help someone that may be in suicidal crisis](#).

About Lifeline Crisis Centers

The accessible and free mental health crisis services that Lifeline crisis centers offer are especially vital during times of social distancing, and can be considered an essential service. Lifeline crisis centers may be used to overcome barriers of access to services caused by distance or unavailability of in-person mental health support, and can prevent unnecessary exposure during a pandemic. When individuals may be experiencing heightened anxiety, depression, and stress caused by infectious disease outbreaks and accompanying social-isolation measures, having access to trained and caring counselors may be critical for a community's mental wellbeing.

To find your local crisis center and learn how you can support it, [visit the Our Crisis Centers page](#).

Seek out these sites for more information

Strategies for Good Mental Health Wellness

According to Sydney Youngerman-Cole, RN, BSN, RNC and Katy E. Magee, MA, "Many mental health problems begin when physical stress or emotional stress triggers chemical changes in your brain. The goal of treatment and prevention is to reduce stress and restore normal chemical processes in your brain." Coping skills are methods a person uses to deal with stressful situations. Obtaining and maintaining good coping skills does take practice. However utilizing these skills becomes easier over time. Most importantly, good coping skills make for good mental health wellness.

Stress management continued

Meditation and Relaxation Techniques: Practicing deep breathing techniques, the relaxation response, or progressive muscle relaxation are ways to help reduce stress and induce relaxation.

Time to Yourself: It is important to set aside time every day to allow yourself to relax and escape the stress of life. Give yourself a private, mini vacation from everything going on around you.

Physical Activity: Moving around and getting the heart rate up causes the body to release endorphins (the body's feel good hormones). Exercising provides some stress relief.

Reading: Escape from reality completely by reading. Reading can help you to de-stress by taking your mind off everyday life.

Friendship: Having friends who are willing to listen and support one through good and bad times is essential.

Humor: Adding humor to a stressful situation can help to lighten the mood.

Hobbies: Having creative outlets such as listening to music, drawing or gardening are great ways to relax and relieve everyday stress.

Spirituality Actively believing in a higher power or divine being can have many health benefits. In recent studies, it has been found that people who pray have better mental health than those who do not.

Pets: Taking care of a pet helps distract the mind from stressful thoughts. Studies Show that pets are a calming influence in people's lives.

Sleeping The human body needs a chance to rest and repair itself after a long and stressful day. Sleeping gives the body this chance so that it is ready to perform another day.

Nutrition Eating foods that are good for you not only improve your physical health, but they play a major role in your mental health. When your body gets the proper nutrients, it is better able to function in every capacity.

Take a Virtual Tour:

[National Parks Virtual Tour](#)

[Famous Stages around the World](#)

[Smithsonian National Museum of Natural History](#)

[Kennedy Center at Home](#)

Live Streams: Use on your phone to take a break from news updates!

[National Zoo Panda Cam](#)

[National Aquarium Black Tip Reef, Jelly Fish & Pacific Coral Reef](#)

[Cherry Blossoms Bloom Cam](#)

Resources for Kids (or for you):

[Sesame Street in Communities- Caring for Each Other COVID-19](#)

[Teaching Kids about Coronavirus](#)

[Learn to Draw Daily Doodles with Kennedy Center](#)

[Free Scholastic Learning Activities](#)

HOW TO MANAGE ANXIETY

Routine

Create a nourishing routine. Anxiety thrives on chaos and uncertainty. I've found a **good routine** helps a lot.

Talk

Don't be afraid to talk about your anxiety. Find a good support system. Try therapy. **Break the stigma!**

Rationalize

Anxiety likes to pull out the worst-case-scenario. **Reassure yourself** as many times as it take that you are okay.

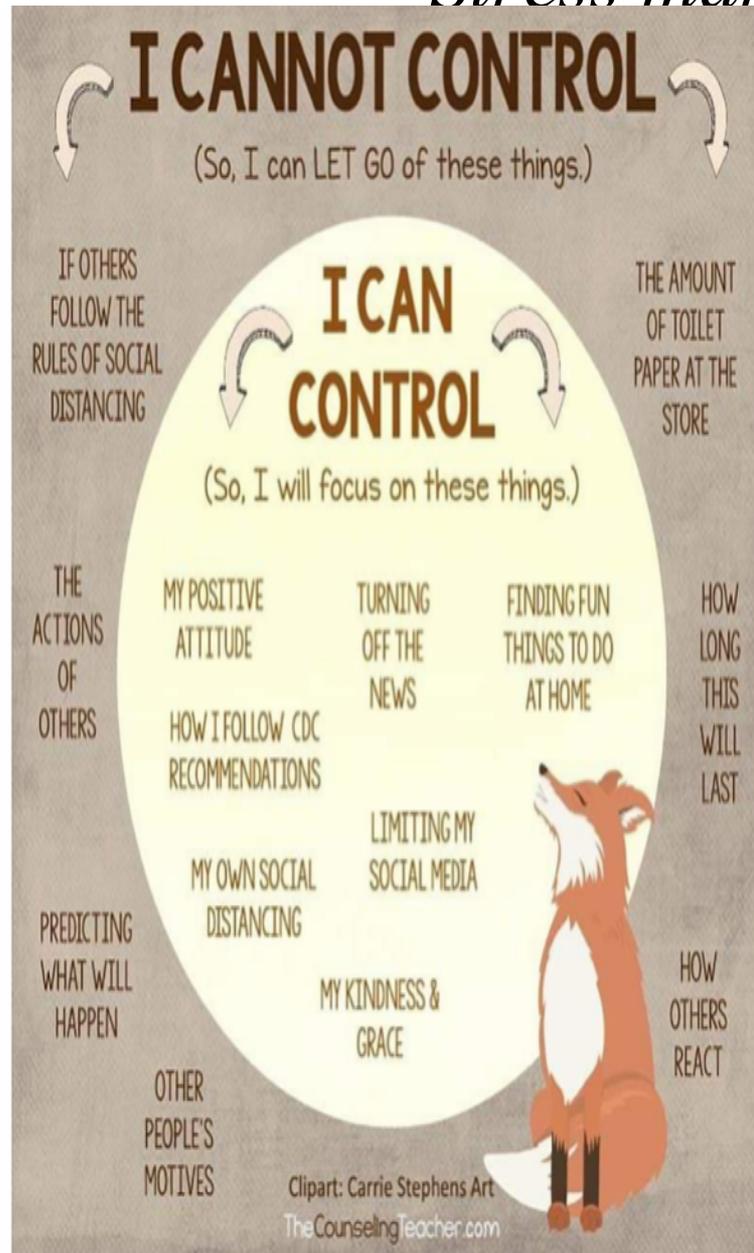
Schedule

If something triggers your anxiety, try **scheduling** it into your week. Don't put things off indefinitely!

Mindfulness

Focus on the current moment. Be in the present. Learn to **self-soothe**.

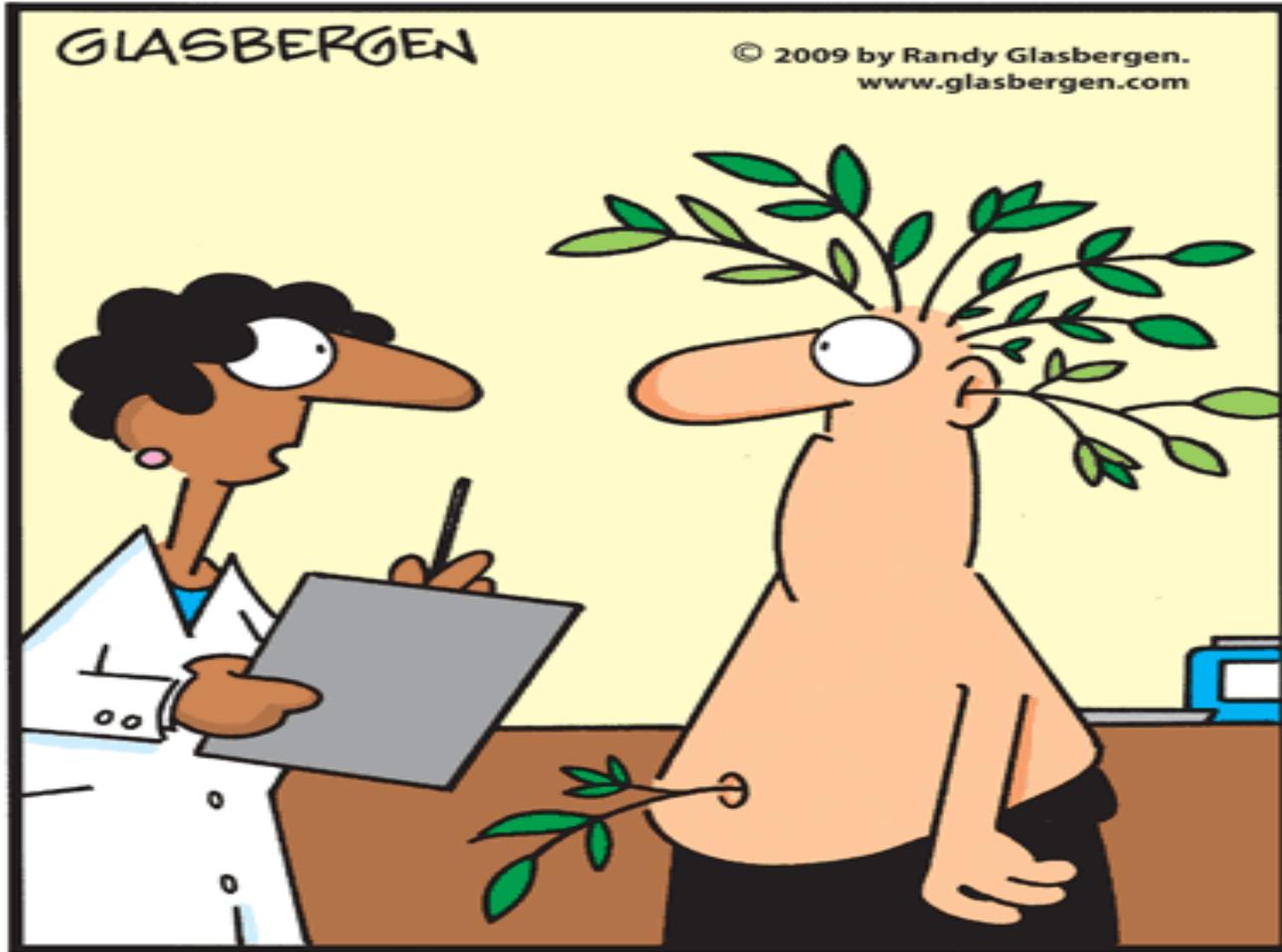
BlessingManifesting



Using humor as a coping skill

Humor is a great way to relieve stress and improve our overall mood. Instead of constantly watching the news, look at something funny. Watch your favorite comedy, check out a new comedian on Netflix, or a silly animal video on YouTube. Whatever it is that makes you laugh.

Stress management continued



“It’s good that you’re eating more fresh fruit and vegetables, but be careful to chew more thoroughly.”

Stress management continued



ACTIVE COPING CALENDAR: APRIL 2020



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

- 1 Make a plan to help you keep calm and stay in contact
- 2 Enjoy washing your hands. Remember all they do for you!
- 3 Write down ten things you feel grateful for in life and why
- 4 Stay hydrated, eat healthy food and boost your immune system
- 5 Get active. Even if you're stuck indoors, move & stretch
- 6 Contact a neighbour or friend and offer to help them
- 7 Share what you are feeling and be willing to ask for help
- 8 Take five minutes to sit still and breathe. Repeat regularly
- 9 Call a loved one to catch up and really listen to them
- 10 Get good sleep. No screens before bed or when waking up
- 11 Notice five things that are beautiful in the world around you
- 12 Immerse yourself in a new book, TV show or podcast
- 13 Respond positively to everyone you interact with
- 14 Play a game that you enjoyed when you were younger
- 15 Make some progress on a project that matters to you
- 16 Rediscover your favourite music that really lifts your spirits
- 17 Learn something new or do something creative
- 18 Find a fun way to do an extra 15 minutes of physical activity
- 19 Do three acts of kindness to help others, however small
- 20 Make time for self-care. Do something kind for yourself
- 21 Send a letter or message to someone you can't be with
- 22 Find positive stories in the news and share these with others
- 23 Have a tech-free day. Stop scrolling and turn off the news
- 24 Put your worries into perspective and try to let them go
- 25 Look for the good in others and notice their strengths
- 26 Take a small step towards an important goal
- 27 Thank three people you're grateful to and tell them why
- 28 Make a plan to meet up with others again later in the year
- 29 Connect with nature. Breathe and notice life continuing
- 30 Remember that all feelings and situations pass in time



ACTION FOR HAPPINESS



www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm • Stay Wise • Be Kind

Employee Support Webinars

Here is the link for the Tuesday meeting at 12 noon

<https://umaryland.webex.com/umaryland/j.php?MTID=m9e5ac9d37ddd5c206c54bda2d88ac7ac>

Phone number: 1-202-860-2110 Conference ID: 470 970 785

Here is the link to the Wednesday meeting at 4pm

<https://umaryland.webex.com/umaryland/j.php?MTID=me696d861eae151f1ffa666ddccc92728>

Phone number: 1-202-860-2110 Conference ID: 471 090 726

Here is the link to the Thursday meeting at 8am

<https://umaryland.webex.com/umaryland/j.php?MTID=mbad28d3c2699f1de534d5ff2dfcba9a3>

Phone number: 1-202-860-2110 Conference ID: 477 740 659

Employee Support Resources on the Intranet

<http://intra.umms.org/ummc/departments/infection/outbreaks-and-novel-infections/ummc-covid19/ummc-employee-support-resources>

Apps & Websites

App/Resource	Description	Link	Additional info
Headspace	Currently offering free premium account for healthcare workers with access to guided meditation, mindfulness courses, workouts, and sleep aids	https://www.headspace.com/covid-19	May need to verify credentials; took <5 minutes to do
Simplehabit	Meditation app that offers five-minute meditation sessions designed to provide a brief respite for those with a demanding schedule. Currently offering free premium accounts to those experiencing financial uncertainty as a result of the pandemic.	https://blog.simplehabit.com/2020/03/18/coronavirus-support-anxiety/	Email help@simplehabit.com to access free premium account now until April 2020
Balance	Personalized app that offers daily guided meditations based on answers you provide to questions about your meditation experience, goals and preferences. Currently offering free year-long subscription to any individual throughout the month.	https://www.balanceapp.com/	Email access@balanceapp.com for instructions to redeem the subscription
Sanvello	App which utilizes clinically validated techniques (i.e. cognitive behavioral therapy/CBT) to support relief of anxious/depressive symptoms. Currently offering free premium access.	https://www.sanvello.com/	
Down Dog	Platform with multiple associated apps focusing on physical workouts. Currently offering free premium access until July 1 for healthcare workers	https://www.downdogapp.com/healthcare	Different versions of the app include: Down Dog: Yoga, HIIT (high intensity interval training) Workouts, Barre Workouts, 7 Minute Workouts and Yoga for Beginners
Nike Training Club	Workout library with different routines for all levels and including personalized workout recommendations. Currently offering free premium memberships for all individuals.	https://www.nike.com/ntc-app	
Planet Fitness	Lives streaming free workouts daily at 4 PM on Facebook, as well as free workouts available via the app.	For live streaming: https://www.facebook.com/planetfitness/?tn-str=k*F For app: https://apps.apple.com/us/app/planet-fitness/id399857015	
Peloton	Workout app with yoga, HIIT, stretching and other exercises, not requiring Peloton equipment. Currently offering extended 90 day trial.	https://www.onepeloton.com/app	
Sling TV	Offering free access to news channels without requiring a paid Sling account	https://www.sling.com/	
Plex	Free Live TV feature for 3 months	https://9to5mac.com/2020/03/25/plex-free-live-tv-offer-3-months-mac-iphone-apple-tv/	
News publications which have removed paywalls	The following newspapers which usually require a subscription/pay for unlimited access have temporarily lifted their paywalls: The Baltimore Sun, The New York Times, The Wall Street Journal, The Washington Post, The Los Angeles Times, The Guardian, AP News, The Athletic		
Apple Books	Offering “stay at home” collection of free read-alongs for kids, cozy mysteries and audiobooks	https://www.apple.com/apple-books/	
Babbel	App that offers lessons in learning 14 new languages. Currently offering free subscription.	https://www.babbel.com/mobile	
Sesame Street	Sesame workshop offering free access to online resources for children including: shows, ebooks and other items	https://www.sesamestreet.org/caring	
Audible	App with a variety of audiobooks, currently expanded their selection of free options	https://www.audible.com/howtolisten	
Caribu	An video call app geared towards kids that functions like Facetime, but allows for on-screen activities such as reading books together, cooperative drawing and playing games	https://apps.apple.com/us/app/video-calls-kids-love-caribu/id763451959	