




Well-Being Resources during COVID19: Practical Strategies and Resources

Office of Clinician Well-Being
University of Missouri School of Medicine
MU Health Care

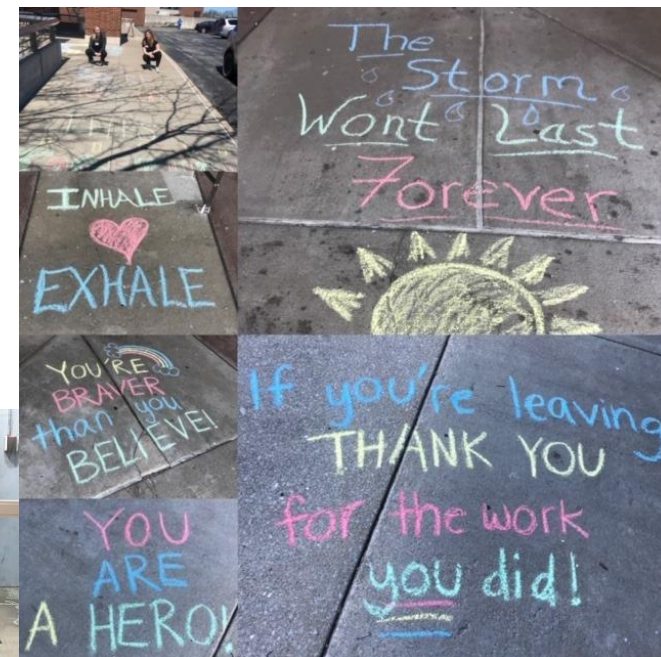


You are a precious resource & we are grateful to you.



"To know even one life has
breathed easier because
you have lived. This is to
have succeeded."

-Ralph Waldo Emerson



Local & Confidential Psychological Services

- For School of Medicine faculty (clinical & research), residents, fellows, and APPs:
 - Office of Clinician Well-Being. Email: Craig Rooney, Ph.D. at rooneysc@health.missouri.edu for consultation/coaching or to set up a telehealth appointment.
- For MUHC staff:
 - MU Employee Assistance Program (EAP)
https://www.umsystem.edu/totalrewards/benefits/eap_contact#columbia
 - Call 573.882.6701 for appointment

After-hours psychological care

- ComPsych is a virtual Employee Assistance Program offered off-hours and weekends. Utilizing a holistic approach, staff specialists assist employees in an array of life challenges. It is available after hours and weekend coverage for our Columbia area employees.
 - Call ComPsych (833) 515-0754 (TTY: 800-697-0353)
https://youtu.be/7rbMEWivG_g
 - Master's and Doctoral level counselors

Online Resources

- Center for Mindful Self-Compassion: <https://centerformsc.org/>
- Kristin Neff, Ph.D., leader in self-compassion training: <https://self-compassion.org/>
- Greater Good Science Center: <https://greatergood.berkeley.edu/>
- Podcast, Fear in the Time of Coronavirus: <https://www.rickhanson.net/being-well-podcast-fear-in-the-time-of-coronavirus/> Rick Hanson is a neuropsychologist who studies mindfulness and happiness.

Well-Being Resources 1

Feeling worried or anxious?

Increased anxiety is common as we navigate Covid-19 and its broad consequences. Patient care and uncertainty about health outcomes, finances, childcare, travel and scheduled events are highly stressful. Action is one of the best treatments for anxiety. Share your concerns and problem solve with colleagues, family and friends to plan coping steps.

Pace Yourself

Our work is a marathon not a race. Monitor yourself for excessive fatigue, irritability, poor focus or marked anxiety. If we run on empty, we can't care for our patients, families or communities.

Breathe

Try mindful breathing several times a day. Take a moment for low and slow breaths before getting out of the car, when you enter your work area, prior to entering a patient room or a procedure. Breathing is calming and helps concentration.

Maintain Good Health Habits

As stress and demands increase, our health habits often take a hit. Bring your meals to work to maximize healthy eating, limit alcohol and THC use, prioritize exercise and get some sunlight!

Keep Moving

Aerobic exercise is vital for stress reduction. Consider walking, biking, running and hiking, throwing a frisbee or ball as well as exercise and yoga videos if gyms and other exercise facilities close. For home exercise and Yoga videos see: [fitnessblender.com](https://www.fitnessblender.com) and [yogawithadriene.com](https://www.yogawithadriene.com). A short aerobic walk or workout is better than nothing!

Stay Connected

Reach out to family, friends, colleagues and your favorite community groups for social contact. Call, Facetime, Zoom, Skype, or try Google Hangouts to reduce your isolation. Meaningful and fun connection, emotional support and healthy problem solving are vital to your health and well-being. Consider joining another family or friend for a meal by social media to reduce isolation for everyone.

Take Breaks at Home and Work

Work with your team to take mini breaks. Even a 10-minute walk during your shift is calming and improves vital energy and focus. Plan down time at home. Exercise, distraction with a good book, movie, podcast, games with your family, and mindfulness techniques help us refuel physically and emotionally.

Promote Team-Work

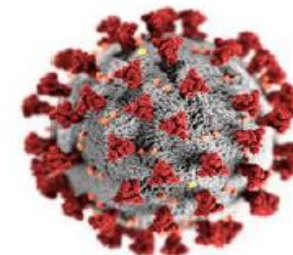
If you have children or relatives who need care, let your team, friends and neighbors know asap. They may be in the same situation and relieved to develop a shared plan to help with family responsibilities.

Maintain Structure at Home

If you or your children are working from home, establish a consistent workspace to help with focus and productivity. Plan breaks as well.

Flexibility is Key

Increased demand for care, social distancing and other unique stressors will test our flexibility and adaptability. We will all have to practice outside of the box – especially when things go wrong and are chaotic. It's ok – ask for support, evaluate, modify and move forward.



University of Colorado **Anschutz Medical Campus**


Department of Psychiatry

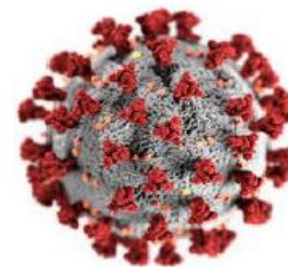


BRAIN HEALTH for all, for life.

Smart Phone Apps –

Smartphone Apps

 7 CUPS Trained, Volunteer Active Listeners for acute or ongoing issues	 CBT-I COACH Use with CBT for Insomnia to improve sleep	 STOP, BREATHE & THINK (for kids) Brief Meditation
 MOODTOOLS & FEARTOOLS Depression and anxiety resources	 DREAM EZ Based on Imagery Rehearsal Therapy (IRT) to diffuse nightmares	 HEADSPACE Learn & practice Mindfulness Meditation
 JOYABLE Cognitive- Behavioral Therapy (CBT) for depression and anxiety. <i>Available free by referral</i>	 ANGER & IRRITABILITY MANAGEMENT SKILLS Learn to better cope with anger	 INSIGHT TIMER Guided meditation for a variety of Learners
 WHAT'S UP? Monitor your mood and apply CBT and ACT Strategies	 STAY QUIT COACH Get help with tobacco cessation treatment	 MINDFULNESS COACH Learn to practice mindfulness Meditation
 MINDSHIFT Learn to cope with anxiety and fear	 BOOSTERBUDDY Help teens to improve resiliency and healthier overall	 10% HAPPIER Guides meditation and explains why it is beneficial.
 MOOD COACH Learn and practice behavioral activation to feel better	 PARENTING2GO Strengthen your relationship with your children in the moment	 BREATHE2RELAX Manage stress by through deep breathing exercises
 POSITIVE ACTIVITY JACKPOT Find local activities to improve mood	 MOVING FORWARD Learn problem- solving for better decisions and outcomes	 Tactical BREATH Use breathing to control response during times of stress
 MY DIET COACH Help to make manageable lifestyle changes	 LOSE IT Calorie and fitness tracking	 GoodRx Compare medication prices
	YOGA Yoga by Adriane YouTube DoYogaWithMe.com (or YouTube)	



Sanvello for Stress, Anxiety & Depression

 Editors' Choice

Sanvello Health Inc. Medical

★★★★★ 14,617

 Teen

Offers in-app purchases

 This app is compatible with all of your devices.

Installed

Sanvello: MU employees get free access to premium membership with your email address.

headspace: free, premium membership for 2020 with your NPI.

For graphic on the left, thanks to Julie Schirmer, MSW, Maine Medical Center, Portland, ME.

Online fitness options

- Alley Cat Yoga: <https://alleycatyoga.com/2020/live-online-classes/>
- Yoga Sol: <https://yogasol.org/> (contact them for zoom link)
- Moon Yoga: <https://www.moonyogamo.com/> (zoom classes available)
- Jazzercise: livestream courses available on their Facebook page: <https://www.facebook.com/Jazzerciseinc/>
- Wilson's Fitness Centers has online content free of charge and promises to post additional online content during pandemic: <https://www.wilsonsfitness.com/special-events/>
- Planet Fitness: livestreamed content on their Facebook page: <https://www.facebook.com/planetfitness/>
- Fitness Blender - free online workout content: <https://www.fitnessblender.com/>
- Review of online fitness services: <https://www.bestproducts.com/fitness/health/a490/online-fitness-programs-workouts/>

Families of Clinicians

- Remember that families of MU employees can access MU EAP.
- Call your insurance carrier to determine which community psychologists, social workers, and counselors are covered by your insurance policy. Many are currently offering telehealth appointments.
- www.psychologytoday.com has a Find a Therapist feature that lets you cut the data base by zip code, insurance, and issues/concerns. Then gives brief bios of each therapist.

Families of Clinicians

- Explaining self isolation to children
 - “Right now, I’m helping people who are sick become healthy again. I need to make sure I don’t make you sick, so we can’t have our bodies be close to each other right now. But I am going to do my best to be available to you. Let’s talk about ways we can feel close to each other without being right next to each other.”
 - Share ideas with colleagues
 - Be realistic about how “available” you can be, given physical and emotional exhaustion
- From Nancy B. Ruddy, Ph.D. & Barbara Ward-Zimmerman, Ph.D. “Responding to a Pandemic: COVID-19 and Integrated Primary Care”

Families of Clinicians

- Dealing with fears for providers' safety
 - CBT resources for anxiety work for providers and family members too!
- Partner/others overwhelmed with new normal
 - Pull in supports where possible
 - Acknowledge limits, lower standards
 - Use virtual supports, esp. other families of providers who understand specific issues
- From Nancy B. Ruddy, Ph.D. & Barbara Ward-Zimmerman, Ph.D. "Responding to a Pandemic: COVID-19 and Integrated Primary Care"

Talking with Children about covid19

- Be in a calm mental state
- Start the conversation rather than waiting for them to bring it up
- Use open-ended questions to find out what they know
- Only use age-appropriate words your child already understands
- Emphasize that you are there for them. Be honest.
- Give them a sense of control (e.g., wash hands long enough to sing the Happy Birthday song).
- https://www.huffpost.com/entry/coronavirus-how-to-talk-to-kids-disease_l_5e5c615ac5b601022113151d?guccounter=1

Video: Talking with Young Children about social distancing

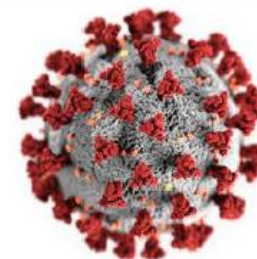
View in
presentation
mode to see
video.

Or, visit this
link:

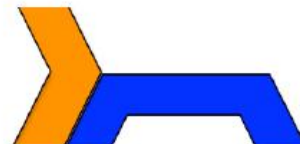
https://youtu.be/DA_SsZFYw0w

Children & COVID19 (slide from Ruddy & Ward-Zimmerman)

Age Specific Considerations¹



AGE GROUP	REACTIONS	HOW TO HELP
PRESCHOOL	<ul style="list-style-type: none">Fear of being alone, bad dreamsSpeech difficultiesLoss of bladder/bowel control, constipation, bed-wettingChange in appetiteIncreased temper tantrums, whining, or clinging behaviors	<ul style="list-style-type: none">Patience and toleranceProvide reassurance (verbal and physical)Encourage expression through play, reenactment, story-tellingAllow short-term changes in sleep arrangementsPlan calming, comforting activities before bedtimeMaintain regular family routinesAvoid media exposure



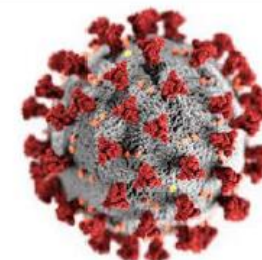
National Childhood Trauma Network (2020). Epublication.

https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

Accessed March 25, 2020

Children & COVID19 (slide from Ruddy & Ward-Zimmerman)

Age Specific Considerations¹



SCHOOL-AGE (ages 6-12)	Irritability, whining, aggressive behavior	Patience, tolerance, and reassurance
	Clinging, nightmares	Play sessions and staying in touch with friends through telephone and Internet
	Sleep/appetite disturbance	Regular exercise and stretching
	Physical symptoms (headaches, stomachaches)	Engage in educational activities (workbooks, educational games)
	Withdrawal from peers, loss of interest	Participate in structured household chores
	Competition for parents' attention	Set gentle but firm limits
	Forgetfulness about chores and new information learned at school	Discuss the current outbreak and encourage questions. Include what is being done in the family and community
		Encourage expression through play and conversation
		Help family create ideas for enhancing health promotion behaviors and maintaining family routines
		Limit media exposure, talking about what they have seen/heard including at school
		Address any stigma or discrimination occurring and clarify misinformation

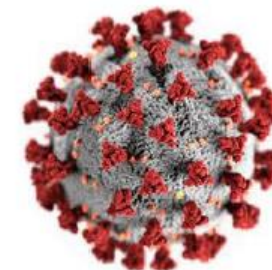
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Age Specific Considerations¹



ADOLESCENT (ages 13-18)	Physical symptoms (headaches, rashes, etc.)	Patience, tolerance, and reassurance
	Sleep/appetite disturbance	Encourage continuation of routines
	Agitation or decrease in energy, apathy	Encourage discussion of outbreak experience with peers, family (but do not force)
	Ignoring health promotion behaviors	Stay in touch with friends through telephone, Internet, video games
	Isolating from peers and loved ones	Participate in family routines, including chores, supporting younger siblings, and planning strategies to enhance health promotion behaviors
	Concerns about stigma and injustices	Limit media exposure, talking about what they have seen/heard including at school
	Avoiding/cutting school	Discuss and address stigma, prejudice and potential injustices occurring during outbreak



National Childhood Trauma Network (2020). Epublication.

https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf

Accessed March 25, 2020

Well-being Resources 2

- MU Health Workforce Well-Being Resources website (will be updated over time):
<https://www.muhealth.org/sites/default/files/PDFs/Workforce%20Well-Being%20Resources-updated%203-23-2020%20-%20FINAL.pdf>
- Tips for Sustaining your Well-Being from MU Health Chief Wellness Officer, Stephen T. Keithahn, MD:
<https://sendy.muhealth.org/w/mHtydIHdNw763NFo4bnyD892gw/gfmUiLc7b1YGVKjtPG8K9Q/P6bHL9okRTa5sqYZcyb87w>
(also check out Psychiatrist's Self-Care Plan by Sara Canoy, MD at the top link)
- MU Engage: free online daily meditation and yoga classes by the MU Wellness Resource Center:
<https://missouri.campuslabs.com/engage/organization/wellbeing/events>
- MU Health Care's nationally recognized peer support program, forYOU: <https://www.muhealth.org/about-us/quality-care-patient-safety/office-of-clinical-effectiveness/foryou>
- UM System has put together Learning Recommendations On-Demand and Webinars on a range of topics from working at home to financial planning: <https://www.umsystem.edu/ums/hr/tmr/learning-recommendations-demand-and-webinars>
- "101 Things to Do During a Lockdown": https://pro.psychcentral.com/exhausted-woman/2020/03/101-things-to-do-during-a-lock-down/?utm_source=hcpfy19&utm_medium=email&vhid=VHQ00011254.

Well-being Resources 3

- Local Experts:
- Maintaining Health and Wellness During the COVID-19 Outbreak: <https://www.muhealth.org/for-media/resources/maintaining-health-and-wellness-during-covid-19-outbreak>
- Expert Tips for Helping Your Family Cope with COVID-19 Anxiety: <https://www.muhealth.org/for-media/resources/expert-tips-helping-your-family-cope-covid-19-anxiety>

Well-Being Links for Clinicians

- American Medical Association's A Physician's Guide to COVID-19: <https://www.ama-assn.org/delivering-care/public-health/physicians-guide-covid-19>
- Doctor's wellbeing: self-care during the covid-19 pandemic: https://blogs.bmj.com/bmj/2020/03/16/self-care-during-the-covid-19-pandemic/?fbclid=IwAR1rMahaeZzrHmLbacaEF_39ShU_8Qhlu7xf6NzCp3CIKVNcdKY-eAuuYs
- American Psychological Association's Self-care advice for healthcare providers during COVID-19: https://www.apaservices.org/practice/ce/self-care/health-providers-covid-19?_ga=2.104444416.1051339622.1585595638-1605719576.1572971151
- American Psychological Association's How leaders can maximize trust and minimize stress during the COVID-19 pandemic: <https://www.apa.org/news/apa/2020/03/covid-19-leadership>
- American Psychiatric Association Coronavirus Resources page: <https://www.psychiatry.org/psychiatrists/covid-19-coronavirus>
- Association of Psychologists in Academic Health Centers COVID-19 Resource page: <https://ahcpsychologists.org/covid19/>
- National Academy of Medicine – Resources to Support the Health and Well-Being of Clinicians During the COVID-19 Outbreak: <https://nam.edu/initiatives/clinician-resilience-and-well-being/clinician-well-being-resources-during-covid-19/>

Financial Resources

- MU Office for Financial Success: Dr. James Green. Free, zoom appointment. http://pfp.missouri.edu/undergraduate_OFS.html Email Dr. Green for an appointment: jimgreen@missouri.edu
- Fidelity (UM System retirement benefit manager):

We're here to help through coronavirus (COVID-19), new legislation, and market volatility

You work hard to save, so it can be emotional to see your accounts go down in value. While there's no question this can be unsettling, staying the course is often the best long-term strategy. Historically, markets recover from declines and continue to offer positive returns over time.

No matter what decisions you need to make at this time, we will continue to provide:

- Quick and easy access to your plan, balances, and account information
- Timely updates to help you navigate any legislative relief that may be coming your way
- Other information and helpful resources on topics such as managing both stress and your budget through a crisis, replacing lost income, and understanding market cycles and emotions

[Get started here](#)

Bookmark the Coronavirus (COVID-19) Resource Center for up-to-date information, webcasts, and other help.



If you are in recovery and cannot attend your usual meeting:

- Unity Recovery: <https://unityrecovery.org/digital-recovery-meetings>
 - 5 daily online recovery groups, one family and loved one recovery group, weekly LGBTQ+ and women's only groups)
- In the Rooms global recovery community: <https://www.intherooms.com/home/> for online 12-step programs

Other resources

- If you missed the email from the Health Science Library, many journals now have free access:
 - <http://library.missouri.edu/news/zalk-library/complimentary-publisher-and-vendor-access-during-covid-19-outbreak>
- United Way's Get Help Give Help with information about 211 phone number: <https://www.uwheartmo.org/covid-19>

Recommended by MU colleagues:

- Caring for Me Is Caring for You: The Power of Physician Self-Care and Personal Transformation
- <https://www.aafp.org/fpm/2020/0300/p17.html>
- All Soul's Unitarian Church in NYC puts out a daily quote for meditation: If you would like to subscribe, please [click here](#).

Thank you!



ATTENTION CLINICIANS



Craig Rooney, PhD
Program Director &
Counseling Psychologist
Office of Clinician Well-being

Are you or a colleague experiencing signs of stress, fatigue or burnout?

I am available to meet with you to provide:

- Consultation
- Coaching
- Short-term counseling
- Professional referral services

Please note that professional conversations with Dr. Rooney are confidential and are not documented in PowerChart.

LC216 in the PCCLC

573-882-1966

umhsclinicianwell-1 @health.missouri.edu