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](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: fitnessblendr.com and yogakitchen.com. A short aerobic walk or workout is better than nothing!

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.

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.

Promote Team-Work
If you have children or relatives who need care, let your team, friends and neighbors know soon. 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.
Smartphone Apps

- **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/
• 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](http://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_5e5c615ac5b601022113151d?guccounter=1](https://www.huffpost.com/entry/coronavirus-how-to-talk-to-kids-disease_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
# Age Specific Considerations

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>REACTIONS</th>
<th>HOW TO HELP</th>
</tr>
</thead>
<tbody>
<tr>
<td>PRESCHOOL</td>
<td>Fear of being alone, bad dreams</td>
<td>Patience and tolerance</td>
</tr>
<tr>
<td></td>
<td>Speech difficulties</td>
<td>Provide reassurance (verbal and physical)</td>
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<tr>
<td></td>
<td>Loss of bladder/bowel control, constipation, bedwetting</td>
<td>Encourage expression through play, reenactment, story-telling</td>
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<tr>
<td></td>
<td>Change in appetite</td>
<td>Allow short-term changes in sleep arrangements</td>
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<tr>
<td></td>
<td>Increased temper tantrums, whining, or clinging behaviors</td>
<td>Plan calming, comforting activities before bedtime</td>
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<td></td>
<td></td>
<td>Maintain regular family routines</td>
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<tr>
<td></td>
<td></td>
<td>Avoid media exposure</td>
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Accessed March 25, 2020
# Age Specific Considerations

<table>
<thead>
<tr>
<th>SCHOOL-AGE (ages 6-12)</th>
<th>Patience, tolerance, and reassurance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Irritability, whining, aggressive behavior</td>
<td>Play sessions and staying in touch with friends through telephone and Internet</td>
</tr>
<tr>
<td>Clinging, nightmares</td>
<td>Regular exercise and stretching</td>
</tr>
<tr>
<td>Sleep/appetite disturbance</td>
<td>Engage in educational activities (workbooks, educational games)</td>
</tr>
<tr>
<td>Physical symptoms (headaches, stomachaches)</td>
<td>Participate in structured household chores</td>
</tr>
<tr>
<td>Withdrawal from peers, loss of interest</td>
<td>Set gentle but firm limits</td>
</tr>
<tr>
<td>Competition for parents’ attention</td>
<td>Discuss the current outbreak and encourage questions. Include what is being done in the family and community</td>
</tr>
<tr>
<td>Forgetfulness about chores and new information learned at school</td>
<td>Encourage expression through play and conversation</td>
</tr>
</tbody>
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Age Specific Considerations

<table>
<thead>
<tr>
<th>ADOLESCENT (ages 13-18)</th>
<th>Physical symptoms (headaches, rashes, etc.)</th>
<th>Patience, tolerance, and reassurance</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Sleep/appetite disturbance</td>
<td>Encourage continuation of routines</td>
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<tr>
<td></td>
<td>Agitation or decrease in energy, apathy</td>
<td>Encourage discussion of outbreak experience with peers, family (but do not force)</td>
</tr>
<tr>
<td></td>
<td>Ignoring health promotion behaviors</td>
<td>Stay in touch with friends through telephone, Internet, video games</td>
</tr>
<tr>
<td></td>
<td>Isolating from peers and loved ones</td>
<td>Participate in family routines, including chores, supporting younger siblings, and planning strategies to enhance health promotion behaviors</td>
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<tr>
<td></td>
<td>Concerns about stigma and injustices</td>
<td>Limit media exposure, talking about what they have seen/heard including at school</td>
</tr>
<tr>
<td></td>
<td>Avoiding/cutting school</td>
<td>Discuss and address stigma, prejudice and potential injustices occurring during outbreak</td>
</tr>
</tbody>
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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/mHtydlHDNw763NFo4bnyD892gw/qfmUilc7b1YGVKjtPG8K9Q/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

Well-being Resources 3

- Local Experts:


Well-Being Links for Clinicians


• American Psychiatric Association Coronavirus Resources page: [https://www.psychiatry.org/psychiatrists/covid-19-coronavirus](https://www.psychiatry.org/psychiatrists/covid-19-coronavirus)

• Association of Psychologists in Academic Health Centers COVID-19 Resource page: [https://ahcpsychologists.org/covid19/](https://ahcpsychologists.org/covid19/)

Financial Resources

- MU Office for Financial Success: Dr. James Green. Free, zoom appointment. 
  [http://pfp.missouri.edu/undergraduate_OFS.html](http://pfp.missouri.edu/undergraduate_OFS.html) Email Dr. Green for an appointment: [jimgreen@missouri.edu](mailto:jimgreen@missouri.edu)

- Fidelity (UM System retirement benefit manager):
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:

• 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


• All Soul’s Unitarian Church in NYC puts out a daily quote for meditation: If you would like to subscribe, please [click here.](https://www.aafp.org/fpm/2020/0300/p17.html)
Thank you!

We care about those taking care of us on the frontlines of COVID-19

#ClinicianWellBeing
ATTENTION CLINICIANS

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.

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

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