



Lifestyle Medicine

COVID-19 Resilience Resources

Mental Wellbeing Resources & APP's

Resource	Link / Contact
<p>Support for Physicians and Clinicians Anne Dohrenwend, PhD & Regional Wellness Coach</p> <p>Physicians and clinicians, during these trying times Anne Dohrenwend, PhD, a psychologist and Regional Wellness Coach is ready and willing to support anyone who is quarantined, tests positive or very anxious over the COVID -19 pandemic.</p> <p>Anne offers confidential, emotional support and stress reduction tips. She can meet with you via FaceTime, phone call or through a telehealth portal.</p>	<p>To arrange a time to talk, call Anne directly (734)-657-9034</p>
<p>Free Online Support Groups for Health Care Workers and Professionals</p> <p>Stress Check-ins: Carebridge will provide online weekly stress check-ins to assist health care workers and professionals with the emotional strain induced by the pandemic. Learn how to thrive during this stressful time and to enhance your physical, mental and emotional well-being. Habits, beliefs and behaviors that promote resilience will be highlighted in these 30-minute sessions. Dates:</p> <ul style="list-style-type: none">• Friday, May 1, 2020, 8 a.m. EST• Monday, May 4, 2020, 8 p.m. EST• Monday, May 6, 2020, 9 a.m. EST• Thursday, May 7, 2020, 8 a.m. EST• Monday, May 11, 2020, 2 p.m. EST• Tuesday, May 12, 2020, 8 a.m. EST• Thursday, May 14, 2020, 8 p.m. EST	<p>To participate in a live group or presentation or view a recording of the support group session, visit CarebridgeConnects Resources located in the COVID-19 Resource Center at: www.myliferesource.com</p>
<p>Grief and Loss</p> <p>Grief and loss support groups are available to all colleagues to help them understand and make their way through both anticipated and actual losses. If you need help with personal and/or work-related grief, you are encouraged to participate.</p> <p>All group sessions will be 30 minutes and will be facilitated by mental health, wellness and/or grief experts. Participants will have the ability to ask questions of the facilitator and to share experiences anonymously through a chat box to protect privacy.</p> <p>Advanced registration is encouraged for all webinar presentations and virtual support groups but can also be done just prior to the start of the session.</p> <ul style="list-style-type: none">• Thursday, April 30, 2020, 2 p.m. EST: Grief and Loss• Friday, May 8, 2020, 1 p.m. EST: Grief and Loss• Wednesday, May 13, 2020, 8 p.m. EST: Grief and Loss	<p>CarebridgeConnects Resources located in the COVID-19 Resource Center at www.myliferesource.com</p>



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<p>Additional EAP Carebridge Resources:</p> <ul style="list-style-type: none">• EAP Telehealth counseling via telephone and video conferencing• Unlimited access to work-life specialists to assist in identifying the most appropriate and affordable resources for life balance concerns such as child and elder care, finances, and convenience services• COVID-19 Resource Center• Short audio tips for self-care during a pandemic on the free Carebridge EAP app• Electronic resources and alerts such as support literature, tip sheets, live webinars, links to recorded educational events, and promotional documents. <p>Upcoming webinars and dates:</p> <ul style="list-style-type: none">o Wed., April 29 - The Emotional Consequences of Social Distancingo Tuesday, May 5, 2020: Beyond Re-Entry; Resilience Coaching for Leaderso Friday, May 8, 2020: Developing Resiliency to Meet Life's Challengeso Tuesday, May 12, 2020: Dispel the Stigma; Be an Advocate for Mental Healtho Thursday, May 14, 2020: Distraction and Impulsivity in a Highly Stimulated Worldo Thursday, May 21, 2020: Assisting Employees in Emotional Crisis	<p>Contact Carebridge 24 hours a day, seven days per week at 1-800-437-0911 or visit www.myliferesource.com to access online resources. Please enter the Trinity Health access code BKKR5 to create a personal account on your first visit to www.myliferesource.com</p>
<p>Disaster Distress:</p> <p>Help and support for any distress that you or someone you care about may be feeling related to any disaster. The Helpline and Text Service are:</p> <ul style="list-style-type: none">• Available 24 hours a day, 7 days a week, year-round• Free (standard data/text messaging rates may apply for the texting service)	<p>Call 1-800-985-5990 or text 'TalkWithUs' to 66746 http://disasterdistress.samhsa.gov</p>
<p>Center for the Study of Traumatic Stress:</p> <ol style="list-style-type: none">1) Resources for Providers2) Resources for Families3) Resources for Leaders	<p>Center for the Study of Traumatic Stress (CSTS)</p>
<p>Guided Free Meditation: Anxiety & Stress, Beginning Meditation, Guided Imagery Visualization</p> <ul style="list-style-type: none">• Free	<p>https://www.youtube.com/watch?v=6vO1wPAmiMQ</p>
<p>Well-being courses</p> <ul style="list-style-type: none">• Free	<p>https://www.coursera.org/promo/wellness-free-courses?utm_medium=email&utm_source=marketing&utm_campaign=9ikqcG70Eeqd_xFKDENJkw</p>



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Loneliness E-Book <ul style="list-style-type: none">Free	https://www.welcoa.org/resources/loneliness-ebook/?utm_source=WELCOA+Mailing+List&utm_campaign=ea45723881-NEWSLETTER_03-25-20_NON-MB-E&utm_medium=email&utm_term=0_b37fb12066-ea45723881-78767849
Scribed: Audiobook, ebook, and magazine subscription service <ul style="list-style-type: none">30 days of free access to their entire library	https://www.scribd.com/readfree?utm_source=readfree
Simple Habit: Meditation to ease corona virus anxiety <ul style="list-style-type: none">Free	https://simplehabit.com/ease-your-coronavirus-anxiety
Calm: Meditation and better sleep sessions <ul style="list-style-type: none">First 7 days free	https://www.calm.com/



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Physical Activity / Movement

Resource	Link / Contact
MOVE: Over 50 LIVE and FREE ZOOM workouts for IHA & St. Joe associates (Pilates, Barre, YOGA, body weight, HIIT)	Email: office@movewellness.com with the subject line: St.Joes/IHA Staff
Peloton workout library <ul style="list-style-type: none">• 90-day free trial	https://www.youtube.com/watch?v=6vO1wPAmiMQ
Daily Burn workouts <ul style="list-style-type: none">• 60-day free trial	https://dailyburn.com/landing
Yoga <ul style="list-style-type: none">• 30-day free trial	https://bulldogonline.com/
Beachbody on demand <ul style="list-style-type: none">• 14-day free trial	https://www.beachbody.com/product/fitness_programs/on-demand-workout-videos.do?code=SEMB_BOD_GOOGLE&gclid=Cj0KCQjwyPbzBRDsARIsAFh15JZwJHNoEyQ5yWTwm8rB01w1HLqEIWdprc4drL_jyWEB3tQ3rgsVXM0aAlqOEALw_wcB&gclsrc=aw.ds

Food Assistance / Bill Pay / Other Free or Reduced Cost Programs

Resource	Link / Contact
Find Help	https://findhelp.org/
Social Work and additional resources	https://thehopeclinic.org/social-work
Wellbeing from Home	Well-Being From Home