

# SCL Health On-Line Resources for Leaders and Associates During Crisis

## On-Line Associate Assistance

[Virgin Pulse](#) - Offers a variety of well-being solutions to help associates create healthy habits that matter, and to be their best at work and at home.

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| <b>Zipongo:</b> Foodsmart solution to enable food delivery, cooking immune boosting recipes and over-snacking avoidance while staying at home. |
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| <b>Aaptiv:</b> Combination of scientifically effective programming, empathetic trainers, and uplifting music to provide access to thousands of workouts and programs, created and guided by world-class certified trainers. |
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| <b>Whil:</b> Video and audio training sessions and educational content on yoga, mindfulness and emotional intelligence |
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| <b>Enrich:</b> Comprehensive guide with answers, tips and advice for staying financially well during COVID-19 pandemic |
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[meQuilibrium](#) - digital coaching platform that delivers clinically validated and highly personalized resilience solutions. Empowers associates to take control and improve outcomes in stress management, productivity, health and wellbeing.

## [COVID-19 Response - Read and Share](#)

- From Reaction to Action - On-Demand Webinar
- 5 Ways to Handle Uncertainty
- 7 Ways to Stay Productive When You're Stressed
- How to Help a Colleague in Distress
- Stop the Spread of Coronavirus Anxiety
- Leading Through Tough Times
- Manager Checklist for Leading Through Coronavirus
- The Leaders' Guide to Managing COVID-19 Panic
- Actionable Tips for Employee Communications
- Tackle Anxiety & Anger in the Workplace

## Online Spiritual Care Resources

[Pray as you Stay / Pray as you Go](#) - Daily prayer and weekly reflection sessions whenever needed. Special sessions and guided retreats are aimed at supporting associates during periods of self-isolation, uncertainty and fear.

[Sacred Space](#) - daily prayer and scripture.

[3-Minute Retreats](#) - prayer and scripture reflection.

[Mindful](#) - meditation and mindfulness tools, resources and practices.

## Traumatic Stress Resources

[Prevent Secondary Traumatic Stress in Healthcare Providers](#)

[What is Empathic Rounding](#)

[CoVID-19-Playbook\\_English.pdf](#) (Vital Talk Resources)

## Supporting Care Teams and Patients with COVID-19

[Torchlight](#) - Offers a comprehensive toolkit for associates and caregivers serving in times of crisis including Eldercare, Self-Care and Parent/Child resources, guides and podcasts/webinars.

[COVID\\_19\\_Support\\_FINAL Practicing Excellence.pdf](#)

[Provider and Staff Self-Care](#)

[Caring For Our Caregivers During COVID-19](#)

[Creating a Resilient Organization](#)

## Leadership Resources

[Leaders Guide to Managing COVID-19 Panic](#)

[That Discomfort You are Feeling is Grief](#)

[Compassion Isn't a Soft Leadership Skill. It's a Crucial Power Skill](#)

## Additional Resources

[Building Resilience](#)

[Build Your Resilience in the Face of a Crisis](#)

[You Can Build Resilience](#)

[What Makes Us Resilient](#)

[Healthstream Resources - COVID-19 Free Self-Care Bundle:](#)



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| COVID-19 FREE: Take a Deep Breath and Manage Your Stress – Skillsoft |
| COVID-19 FREE: Therapeutic Communication – Healthstream              |
| COVID-19 FREE: Mindful Breathing                                     |
| COVID-19 FREE: Mindful Minute Square Breath                          |

#### **[Healthstream Resources - COVID-19 Free Leadership Bundle](#)**

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| COVID-19 FREE: Forging Ahead with Perseverance and Resilience - Skillsoft |
| COVID-19 FREE: Managing in a Crisis - Skillsoft                           |
| COVID-19 FREE: Assessing Your Organization's Risks - Skillsoft            |
| COVID-19 FREE: Responding Effectively to Risks - Skillsoft                |
| COVID-19 FREE: Leading Your Team through Change - Skillsoft               |

#### **On-line therapy resources**

**Headspace** is [now free for any health care provider](#) - access a full library of guided meditations

To register, you'll need your National Provider Identifier (NPI) and an email address.

#### **Talkspace Online Therapy**

### **Community Resources**

#### **Nextdoor Social Networking App**

[Help Map](#) - Provides an easy to navigate map of the local area and helps those in need to easily identify which of their neighbors have raised a hand to assist with an errand — or just give a call to check in.

[Nextdoor Groups](#) - Helps neighbors and neighborhoods organize for those who may need assistance during this challenging time.

[KyndHub](#) - Provides opportunities for volunteer service and tracking of volunteer hours as well as acts of “kyndness” and gratitude in real time.