

RESOURCES FOR WELLNESS, RESILIENCE, COPING, AND SUPPORT DURING COVID-19

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THESE ARE UNPRECEDENTED TIMES...

Some amount of anxiety and stress for short amounts of time can be helpful and even essential to motivate and initiate necessary changes to mobilize and prepare to take on challenges, such as the one we are all facing right now.

If that anxiety or stress becomes too intense or lasts too long, it has negative consequences on our physical, mental, emotional, social, and behavioral functioning.

Finding ways to reduce stress and anxiety is essential to our well-being. The following resources are available to support you during this challenging and unsettling time.

COPING WITH STRESS AND ANXIETY

HEALTHCARE WORKERS COPING WITH ANXIETY OF COVID-19

- <https://vimeo.com/398138843/b4dc58fcf5>
 - *Excellent brief video for health care professionals illustrating impact of COVID19 on stress responses and anxiety, with recommendations for coping*



Health Care Provider Well-Being During Covid-19

Health care providers and other hospital and clinic staff are on the frontlines of the pandemic.

Many of us have competing demands caring for our patients and our families. Here are concrete strategies to help manage stress during this challenging time.

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 and 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.

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.

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.

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.

<https://www1.ucdenver.edu/docs/librariesprovider45/covid-19-support/health-care-provider-well-being.pdf>

I CANNOT CONTROL (So Need to Let Go!!)

Others following social distancing

Actions of other people

I CAN CONTROL

Predicting the future

Other people's thoughts and motives

My positive attitude

Sleeping enough

How much news I watch

Other people's choices

My personal distance

Daily physical activity

How much social media I use & what I put on social media

Other people stockpiling goods

Following hospital and CDC guidelines

Which emails I read & when

My gratitude

Number of emails being received

How long this will last

My kindness

Creative ways to support colleagues and families

Eating well

Adapted from Carrie Stephens
Art. TheCounselingTeacher.com

MINDFULNESS ACTIVITIES FOR STRESS AND ANXIETY REDUCTION

- CHOP Mindfulness Offerings
 - **Teleconferences**
 - **Daily from 7:45-8:00am:** 866-550-2053, participant # 906638
 - **Mondays and Fridays 12:15-12:30pm:** 866-550-2053 participant# 986910.
 - **Zoom mindfulness with Miriam Stewart**
 - **Daily from 5:00-5:15pm**
 - On the web:
<https://zoom.us/j/250438691?pwd=WFlBdWJZeVFjTWZlMDZaNGwxDDRZz09>
 - By phone: 646-558-8656
 - Meeting ID: 250 438 691, passcode 395727
- Mindfulness Breathing Exercise by Lily Brown, PhD. of UPENN:
<https://vimeo.com/398528899>
- Free mindfulness apps
 - <https://blog.calm.com/take-a-deep-breath>
 - <https://www.headspace.com/health-covid-19>
 - Free access to the headspace mindfulness app for health care professionals with a valid NPI number

WELLNESS ACTIVITY: BOX BREATHING

WHAT IS BOX BREATHING ?

Box breathing is a powerful, yet simple, relaxation technique that aims to return breathing to its normal rhythm. This breathing exercise may help to clear the mind, relax the body, and improve focus. The technique is also known as “resetting your breath” or four-square breathing. It is easy to do, quick to learn, and can be a highly effective technique for people in stressful situations.

THE GOAL: TO PUT THE BELLY, NOT THE CHEST, INTO ACTION

We know that diaphragmatic breathing (breathing into the belly) is linked to the nervous system and it brings us to that parasympathetic state of ‘rest and digest’. While box breathing is extremely effective at lowering the heart rate faster than chest breathing, it is no easy task, especially after a vigorous training session or if you’re in a high state of anxiety. But the benefits of box breathing cannot be understated.

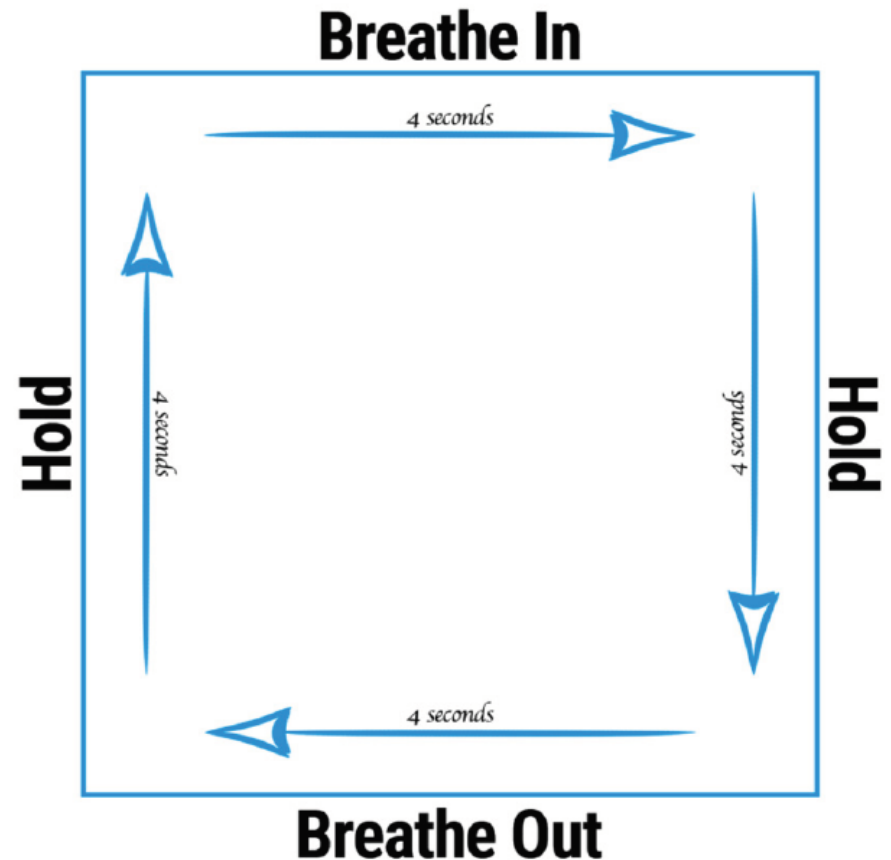
THE ‘HOW TO’ OF BOX BREATHING:

1. Close your eyes. Breathe in through your nose while counting to four slowly. Feel the air enter your lungs.
2. Hold your breath inside while counting slowly to four. Try not to clamp your mouth or nose shut. Simply avoid inhaling or exhaling for 4 seconds.
3. Begin to slowly exhale for 4 seconds.
4. Repeat steps 1 to 3 at least three times. Ideally, repeat the three steps for 4 minutes, or until calm returns.

Box breathing is called such because it focuses on all four corners of the breath: the inhale, breath hold, the exhale, and breath hold. Box breathing emphasizes control and allows your body to make full use of the air. If someone finds the technique challenging to begin with, they can try counting to three instead of four. Once someone is used to the technique, they may choose to count to five or six.

BENEFITS OF BOX BREATHING:

- Controlled physiological state
- Reduced heart rate
- Mental clarity and focus
- Increased blood flow to heart and lungs
- Increases energy, regulates the nervous system, and reduces the effects of anxiety and stress
- Helps lower blood pressure and heart rate
- Improves sleep patterns



SUPPORT AND COUNSELING RESOURCES THROUGH CHOP AND PENN

- **Care for Colleagues** provides Peer Support Sessions for staff who have experienced a traumatic event at the workplace. A trained CHOP staff member will respond within 48 hours of an event to provide active, short-term support. To request more information or a session, please email careforcolleagues@email.chop.edu
- **For CHOP Employees: Employee Assistance Program via Support Linc:** This confidential counseling service can assist with issues and challenges that may arise in your personal or professional life. Services are available 24 hours a day, 7 days a week. Call 1-800-749-6327 or online at <https://chop.mysupportportal.com> . Free one-on-one confidential counseling sessions are offered at dozens of locations, including online. Coaching and support services are also available.
- **For Penn Employees: Penn's Employee Assistance Program (EAP)** is available 24/7 to assist you with behavioral health and work-life issues. Call: 1-866-799-2329, Email: EAPinfo@healthadvocate.com, Visit: www.hr.upenn.edu/eap

COPING WITH SECONDARY TRAUMATIC STRESS

- **Secondary traumatic stress (STS)** occurs when a person bears witness to others' trauma
- The symptoms can be physical (fatigue, illness) or mental (fear, withdrawal, guilt).
- Responding to COVID-19 can take an emotional toll on you. There are things you can do to reduce STS reactions:
 - Acknowledge that STS can impact anyone helping families after a traumatic event.
 - Allow time for you and your family to recover from responding to the pandemic.
 - Create a menu of personal self-care activities that you enjoy, such as spending time with friends and family, exercising, or reading a book.
 - Take a break from media coverage of COVID-19.
 - Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for your family and patients as you did before the outbreak.

https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html

ADDITIONAL MENTAL HEALTH RESOURCES SPECIFIC TO COVID-19

- Psychological Effects of Quarantine During the Coronavirus Outbreak: *What Healthcare Providers Need to Know*
https://www.cstsonline.org/assets/media/documents/CSTS_FS_Psychological_EffectsQuarantine_During_Coronavirus_Outbreak_Leaders.pdf
- CDC website on coping with stress and anxiety:
https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html
- Social Stigma and COVID-19: https://www.epiwin.com/sites/epiwin/files/content/attachments/2020-02-24/COVID19%20Stigma%20Guide%2024022020_1.pdf

RESOURCES FOR PARENTS

WORKING FROM HOME

Concentrating on work while being present enough to keep your child alive and entertained just isn't possible all the time.....

- Try to set boundaries
- Try to make your workspace a kid-free zone
- Eat lunch on time
- Make a detailed to-do list
- Respond to messages at a set time
- Set hard logon and logoff parameters

Blog post with some great suggestions on how to transition to working from home: https://www.maisonmiru.com/pages/how-to-work-from-home-while-maintaining-your-humanity?utm_campaign=COVID%20%28QneTzr%29&utm_medium=email&utm_source=Klaviyo&_ke=eyJrbF9lbWFpbCI6ICJzY2FodG9saW5pLm5pY29sZUBnbWFpbC5jb2oiLCAia2xfY29tcGFueV9pZCI6ICJIZUFTWVoifQ%3D%3D

HELPING CHILDREN COPE

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared. **Not all children and teens respond to stress in the same way. Some common changes to watch for include:**

- Excessive worry, sadness, crying, or irritation in younger children, irritability or “acting out” behaviors in teens
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
- Unhealthy eating or sleeping habits; in older children, use of alcohol, tobacco, or other drugs
- Poor school performance or avoiding school, difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain

https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html

HELPING CHILDREN COPE

There are many things you can do to support your child:

- Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and [share facts](#) about COVID-19 in a way that your child or teen can understand.
- Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html

ADDITIONAL LINKS FOR PARENTS

- Every Educational Company Currently Offering Free Subscriptions
 - <https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>
- <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- https://hope4college.com/wp-content/uploads/2020/03/BTFP_SupportingStudentsDuringCOVID19.pdf
- https://www.aacap.org/App_Themes/AACAP/Docs/latest_news/2020/Coronavirus_COVID19_Children.pdf
- <https://www.gse.upenn.edu/news/educators-playbook/talking-kids-about-coronavirus>
- <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?utm_campaign=npr&utm_source=facebook.com&utm_term=nprnews&utm_medium=social&t=1582924747463
- <https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>

CHILD AND ELDER CARE RESOURCES

- **For CHOP employees:**
 - <https://www.sittercity.com/chop>
 - For questions regarding registration, you can contact us at 888-748-2489 ext. 3
- **For Penn employees:**
 - <https://www.hr.upenn.edu/myhr/worklife/family/backupcare>
 - Questions? Contact Human Resources
[215-898-7729](tel:215-898-7729)
- **Child Care Now Available for Eligible Employees Through the Greater Philadelphia YMCA**
 - The Greater Philadelphia YMCA is now permitted by Pennsylvania and the City of Philadelphia to provide childcare (Pre-K and K-12 years of age) for location-specific healthcare workers at two of its branches in close proximity to CHOP's University City Campus.
 - [https://at.chop.edu/osmo/eop/bioresponse/updates/Lists/Posts/Post.aspx?List=df90b20c%2D79d6%2D4d15%2Da6b6%2D29e88c9c3370&ID=42&Source=https%3A%2F%2fat%2Echop%2Eedu%2Fosmo%2Ffeop%2Fbioresponse%2Fupdates%2FLists%2FPosts%2FAllPosts%2Easpx&ContentTypeId=0x011000C03844AFB008E549AC7ADFD0CDDFD896](https://at.chop.edu/osmo/eop/bioresponse/updates/Lists/Posts/Post.aspx?List=df90b20c%2D79d6%2D4d15%2Da6b6%2D29e88c9c3370&ID=42&Source=https%3A%2F%2Fat%2Echop%2Eedu%2Fosmo%2Ffeop%2Fbioresponse%2Fupdates%2FLists%2FPosts%2FAllPosts%2Easpx&ContentTypeId=0x011000C03844AFB008E549AC7ADFD0CDDFD896)
- **Care.com** Offering Free Services for Healthcare Workers for 30 Days
 - The one-month free premium membership can be accessed by newly enrolling healthcare workers at <http://frontlines.care.com/> and by those looking for senior care at <http://seniors.care.com/>.

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