

Supporting Ourselves in COVID-19:

Resources for Resiliency & Wellness

For the most up to date resources with links, [click here](#) or visit [Kaweah Compass > Tools > COVID-19 Info > Resilience & Wellness](#).

Our ongoing battle against COVID-19 continues turning our way of life upside down. As a result, many of us are feeling anxious, stressed, and overwhelmed by our present struggles, and feeling increasingly fearful of the uncertain future ahead. **You are not alone.** The insecurity you are feeling is shared by countless others and everyone reacts differently to stressful situations. Rest assured that feelings of boredom, sadness, worry, loneliness, fear, stress, anxiety, anger, and panic are normal reactions to stressful situations like the outbreak of COVID-19. Take comfort in knowing that even though this season of our lives is progressing slower than we could have imagined, it is still just a season – not a life sentence. And when this season passes, just as all seasons do, we will rise from our collective hibernation stronger, more resilient, and with an abundance of appreciation for the gift of life.

In this time of waiting, please do not forget to take care of yourself. **Self-care is not selfish.** Be intentional about taking care of yourself while you work day-in and day-out caring for others. Your well-being is crucial to your family, our work family, and the community – and as a healthcare team, we are committed to compassionate care for one another. Anxiety, stress, and fear can cause strong emotions in children and adults, and learning to cope with these emotions is imperative to living well in the weeks ahead. **Resilience** is the ability to bounce back from stressful circumstances and it is one of the most important qualities for working in healthcare.

Let's explore how anxiety and stress impact our health (and toilet paper supply), and how we can support our own resiliency and wellness during this ever-changing season. We are stronger than we think we are, and **we are better together.**

Our Brains on Fear

A wide range of reactions can occur, but may commonly include:

- Anxiety, panic, or “over preparing” out of fear (e.g. stocking up on supplies for a year)
- Excessive worrying about your health or the health of others
- Skepticism, doubt, or denial
- Anger or irritability
- Feeling helpless or confused
- Feelings of loss or grief
- Social withdrawal
- Glued to the TV or your phone

Impact on Our Health

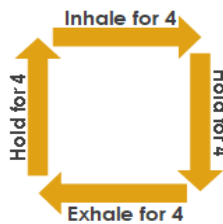
Anxiety and stress not only affect our mind, they can affect our overall health by contributing to:

- Breathing problems
- Headaches and/or stomachaches
- Changes to appetite
- Difficulty sleeping or concentrating
- Loss of energy, extreme fatigue, or depression
- Lowered immune system defenses
- Increases in blood pressure
- Worsening of chronic health problems

PULSE Check

When you experience distress and your survival instincts kick in, do a quick PULSE check:

- *Pause* and step away for a moment
- *Use* 4 square breathing
- *Look* around and name 5 things you see
- *Stretch* and move your body
- *Explore* your level of distress:



	Not at all	Mild	Moderate	Strong	Very Strong
Irritability and/or angry outbursts					
Increased alertness					
Exaggerated startle response					
Zoning out or difficulty concentrating					
Inability to remember important things					
Feelings of helplessness					

If you answered moderate or higher to any items, don't be surprised. It's normal, and support is available. Check in with your leader/peers, Chaplain Services, and/or explore our list of resources.

Positive Ways to Cope & Practice Self-Care

It is extremely important to take care of yourself. When feeling anxious or stressed, you may have a desire to turn to unhealthy coping habits such as staying in bed all day, over or under eating, or a dependency on caffeine, alcohol, or smoking. Instead, focus on positive coping habits and self-care:

- Take a break from constant media coverage, and stay informed with the facts through reliable sources such as the CDC and Kaweah Delta's communications.
- Prioritize what needs to be done by creating a to-do list, which can help ease your mind.
- Avoid jumping to the worst possible outcome. Acknowledge your emotions, and then focus on the things that are positive in your life and/or that you have control over.
- Focus on your physical and mental health by regularly exercising, sleeping, drinking water, eating healthy, taking time to relax, and maintaining a routine to help you feel in control.
- Connect with family and friends by phone or video. Use the opportunity to reconnect with old friends or to reach out to someone who may be feeling alone.
- Stay spiritually connected by checking if your house of worship has online services or resources, decompressing through mindfulness and meditation, or connecting with nature.

If you or a family member is experiencing difficulty managing anxiety, depression, or excessive stress, please reach out to a professional or hotline for additional support and guidance.

Resources & Ideas

In addition to the ideas mentioned above, we have put together the following list of resources (not specifically endorsed by Kaweah Delta). Newly added or updated resources are highlighted below.

Professional Support & Guidance

Explore no-cost, confidential information, tools, and support through Kaweah Delta's Employee Assistance Program

- [Employee Assistance Program \(EAP\)](#)
- Call: 877-533-2363
 - Online: guidanceresources.com
 - App: GuidanceResources® Now
 - Web ID: My5848i

Kaweah Delta's Chaplain Services

- Join our social distanced prayer huddle at 9am on Tuesdays and Thursdays in the Chapel.
- Watch our one-minute motivational videos on [Facebook](#), [Twitter](#), and [YouTube](#).
- Swing by the Soul Care Station in the Medical Center Chapel for regularly updated activities to pick up or complete onsite. Examples include mandala stones, breathing exercises, a praise board, and a prayer box.
- Request our Traveling Soul Care Station to come to your worksite with activities, along with a Chaplain to provide assistance to staff as needed.
- Chaplains are available on-site and by phone to support patients, families, and staff during the pandemic. For requests, questions or more information on availability, please contact Chaplain Services at 559-624-2969 or x2969.

The [Emotional PPE Project](#) provides a directory of mental health practitioners providing free services to healthcare workers whose mental health has been impacted by the COVID-19 crisis.

Reach out to a crisis hotline

- [Crisis Text Line](#): Text HOME to 741741
- [Disaster Distress Helpline](#): 1-800-985-5990
- [National Domestic Violence Hotline](#): 1-800-799-7233
- [National Suicide Prevention Hotline](#): 1-800-273-8255
- [Trevor LifeLine](#): 1-866-488-7386

Help for Health Care Professionals & Leaders

The [Schwartz Center for Compassionate Healthcare](#) has compiled resources for health care professionals coping with the pandemic and created a special webinar series.

The Center to Advance Palliative Care created a [COVID-19 Response Resources Hub](#) with a variety of tools and training on topics ranging from communication to emotional PPE.

The American Organization for Nursing Leadership (AONL) created [Leading Through Crisis: A Resource Compendium for Nurse Leaders](#), with articles and webinars on various topics such as addressing moral distress, grieving amidst a crisis, managing anxiety, and more.

The UCSF Weill Institute for Neurosciences created a webinar series on [Emotional Well-Being During the COVID-19 Crisis for Health Care Providers](#) and a curated list of [Resources to Support Your Mental Health During the COVID-19 Outbreak and Climate Crises](#).

Caring During Crisis - De-escalation Tips

The Crisis Prevention Institute (CPI) has provided the following tips to help you de-escalate crisis situations stemming from COVID-19 stress and anxiety:

- Understand that behavior is communication
 - Most communication occurs beyond the words we use. Look for signs of anxiety in body language, tone, and cadence. Understand that crisis behavior reflects a need and consider what it is the other person might want.
- Avoid the power struggle
 - No one can meet every need at every moment. Challenging or exercising authority over a person can escalate negative behaviors. Considering options you can offer allows flexibility to address both parties' needs and desired outcomes.
- Use limit setting
 - Behavior can't be forced, but setting limits can help us influence behaviors. Framing acceptable behaviors or outcomes can encourage the other person to choose the most productive option.
- Practice rational detachment
 - Don't take behaviors personally. Stay calm. Find a positive way to release the negative energy you absorbed during the conflict. Keep in mind, you can only control your own attitude and actions.

- Therapeutic rapport
 - Learn from the conflict, and help the other person learn from the experience. Focus on identifying and preventing the pattern of behavior in the future. Finally, put time and effort into repairing the relationship.

Staying Connected

Social support from friends and family can help you get through stressful times. Social distancing does not mean you cannot be social. It may just take a little creativity and technology:

Check in with family and friends via text, instant messenger, phone calls, video chat or social media

Use an app to host a game/movie night with friends

- [The ultimate guide to which socializing app is right for you, from Zoom to Netflix Party](#)

Join an online book club

- [The 7 Best Online Book Clubs to Join](#)

Play multiplayer games

Join online forums or groups about your hobbies or interests

Relax & Unwind

During times of stress, it's important to take time for your mental health and emotional wellbeing. Below are some resources to explore:

Practice mindfulness and meditation

- [22 of the Best Meditation Apps & Sites to Master Meditation Practice](#)

Start a journal

- [7 Mental Health Journal Prompts for Stress Relief](#)

Give yourself a massage or work on your pressure points

- [6 Pressure Points for Anxiety Relief](#)

Practice aromatherapy

- [Essential Oils for Stress Relief](#)

Drink a cup of herbal tea

- [6 Stress Busting Herbal Teas](#)

Try breathing exercises

- [8 Breathing Exercises to Try When You Feel Anxious](#)

Listen to soothing music or sounds

- [Calm Soothing Sounds Playlist \(YouTube\)](#)

Unwind with a coloring book or app

- [Relax and De-stress Yourself With Adult Coloring Book Apps](#)

Take a long bath or shower

Physical Activity

Regular exercise not only helps maintain a healthy weight, it can lower stress hormones, release endorphins, and aid in improving your sleep. Here are a few ideas on how to incorporate exercise:

Get fresh air and exercise by taking a neighborhood walk or going on a local hike/trail

Try at-home exercises with no equipment needed

- [Top 25 At-Home Exercises](#)

Follow along with an on demand version of your favorite studio class

- [Active by POPSUGAR YouTube Channel](#)
 - Free access to yoga, Barre, kickboxing, Pilates, dance, cardio, strength, and more

Use a fitness app on your smartphone

- [11 Free Fitness Apps That Will Help You Work Out When Your Living Room Is Your Gym](#)

Take a stretch break

- [Stretches for Exercise and Flexibility](#)

Put on some music and dance

Do gardening or yardwork

Creativity & Culture

Just because you are staying in does not mean you have to be bored. Below are things you can do from the comfort of your living room:

Explore with virtual tours and live feeds

- [Virtual National Park Tours](#)
- [Metropolitan Opera Night Opera Stream](#)
- [Mars as Recorded by NASA's Curiosity Rover](#)
- Live feeds of the [Monterey Bay Aquarium](#), the [San Diego Zoo](#), and the Smithsonian's [National Zoo](#)
- Billboard's list of [Livestreams & Virtual Concerts to Watch](#)
- The New York Times - [52 Places, Virtually](#)

Check out Google's [Arts & Culture](#) page for interactive experiences (e.g. create your own opera), virtual museum tours, augmented reality displays (e.g. stand in the belly of a whale), and more

Learn a new language

- [10 Best Language Learning Apps to Use on Android and iOS](#)

Read/listen to a book or discover a new podcast

Watch a [TED Talk](#) or a documentary on a topic that fascinates you

Take a free online course

- Check out sites like [EdX](#), [Coursera](#), and [Khan Academy](#) to view offerings

Low or no-tech activities

- Try a new recipe or learn a new culinary technique
- Embrace your artistic side by coloring, painting, drawing, or writing
- Create a board or scrapbook of your favorite inspiration quotes

Parenting

Stress and anxiety do not just affect adults. Here are a few resources to help parents and kids:

Talk to them about what is going on

- See [Talking to Kids about Coronavirus](#) for tips or share this [illustrated children's story](#)

Explore resources available through schools (e.g. meals or learning aids) such as the [Visalia Unified School District](#) or the [Tulare City School District](#)

Keep them engaged with at-home activities

- [Disney](#)
 - Check out [Disney Imagineering in a Box](#) for a free Khan Academy curriculum, [DisneyAnimals.com](#) for an educational look at the some of the animals at Disney's Animal Kingdom, or learn how to [Draw Mickey Mouse with a Disney Parks Artist](#)
- [Go Noodle](#)
 - Movement and mindfulness videos for kids
- [Arcademics](#)
 - Free multiplayer educational games for math and language arts
- [Minecraft: Education Edition](#)
 - Free educational tools and videos when you have a Microsoft account

Other parenting resources

- [Supporting Kids During the Coronavirus Crisis](#)
- [Supporting Teenagers and Young Adults During the Coronavirus Crisis](#)
- [Ways to Help Kids Who Feel Sad About Missed Activities](#)
- [Tips for Parents and Caregivers on Media Coverage of Traumatic Events](#)
- [Age-Related Reactions to a Traumatic Event](#)
- [Helping Children With Traumatic Separation or Traumatic Grief Related to COVID-19](#)
- [After a Crisis: How Young Children Heal](#)

Additional Resources

Articles and websites

- CDC Guidance on [Caring for Someone at Home](#) and [Running Essential Errands](#)
- [How to Support a Loved One Affected by Coronavirus](#)
- [7 Essential Tips for Working From Home During the Coronavirus Pandemic](#)
- [Emotional Well-Being and Coping During COVID-19](#)
- [How to Practice Empathy During the COVID-19 Pandemic](#)

- [Understanding Grief in the Age of the COVID-19 Pandemic](#)
- [How to Mourn the Death of a Loved One During the COVID-19 Pandemic](#)
- [Leadership Communication: Anticipating and Responding to Stressful Events](#)

Cleaning guidelines and tips

- [CDC Coronavirus Disease 2019 \(COVID-19\) Cleaning and Disinfection for Households](#)
- [Here's How to Clean Your Groceries During the COVID-19 Outbreak](#)
- Cleaning your [cell phone](#) and [laptop](#)

Local resources

- [Kaweah Delta COVID-19 Pages - Public and Employee \(password: CovidInfo2020\)](#)
- [City of Visalia COVID-19 Response Page](#)
- [County of Tulare HHS Daily COVID-19 Update](#)
- [State of California COVID-19 Page](#)
- Consider checking with your grocery store to see if they have special hours for healthcare workers, senior citizens, and/or at-risk shoppers
- [CalFresh Nutrition Assistance](#)
 - Monthly benefits to help low income households buy healthy and nutritious food
- [Visalia Emergency Aid Council](#)
 - Information on food pantry operations

This information is brought to you through the collaborative efforts of Organizational Development, Rural Health Clinics Bio-Behavioral Therapists, Palliative Care, Chaplain Services, Patient Experience, and resources from health care, government, and local entities.