

COVID-19 Pandemic Wellness Articles and Videos

Resources for Healthcare Providers and Organizations

What needs to be done NY Times 3.23.2020

https://www.nytimes.com/2020/03/22/health/coronavirus-restrictions-us.html?te=1&nl=morning-briefing&emc=edit_NN_p_20200323§ion=topNews&campaign_id=9&instance_id=16988&segment_id=22598&user_id=edaf309af1d3b653bc60a834f418689e®i_id=74601921tion=topNews

National Academy of Medicine

<https://nam.edu/initiatives/clinician-resilience-and-well-being/>

Mindfulness NW

<https://www.mindfulnessnorthwest.com/about-practice>

Mental Health

https://www.washingtonpost.com/health/coronavirus-is-harming-the-mental-health-of-tens-of-millions-of-people-in-us-new-poll-finds/2020/04/02/565e6744-74ee-11ea-85cb-8670579b863d_story.html

Grants for Physician Wellness

https://www.ama-assn.org/delivering-care/public-health/what-cares-act-means-physicians-medical-students?utm_source=Selligent&utm_medium=email&utm_term=%25m%25d%25y&utm_content=OTHER_PE_COVID19_NM_040220-Split_2&utm_campaign=PE_BC_2020_JAN_EM1_20200114&utm_uid=2449175&utm_effort=EP_E01&utm_h=

Resilience Meditations

https://product.soundstrue.com/resilience-in-challenging-times/?_ke=eyJrbF9lbWFpbCl6ICJqb2VAZmFtaWx5c2hlcm1hbi5jb20iLCAia2xfY29tcGFueV9pZCI6ICJKTURnYXEifQ%3D%3D

Resilience in Time of COVID

https://www.youtube.com/watch?v=nQm_8BhkWkY

AAP: Resilience in Stressful Times and Connecting During Times of Trauma

https://www.youtube.com/watch?v=nQm_8BhkWkY

Caring for Self by Caring for Each Other

<https://wcaap.org/caring-for-ourselves-by-caring-for-each-other/>

International Society for Traumatic Stress Studies
Toolkit for Emotional Coping for Healthcare Staff
<https://istss.org/public-resources/covid-19-resources>

Moral Injury of Healthcare
Resources, toolkits and surveys for clinicians and organizations to address moral injury during COVID Pandemic
<https://fixmoralinjury.org/resources/covid-19-resources/>

“You don’t feel alone”: How medical workers help each other cope
<https://www.csmonitor.com/USA/Society/2020/0520/You-don-t-feel-alone-How-medical-workers-help-each-other-cope?cmpid=shared-email>

Resources for Parents with Children out of School During Pandemic

Anxiety Canada
Resources for coping with anxiety during COVID-19 pandemic – adults, kids and healthcare workers
<https://www.anxietycanada.com/>

Everyday Parenting: The ABC’s of Childrearing -Coursera course on parenting from Yale
<https://www.coursera.org/learn/everyday-parenting>

Triple P Positive Parenting Program – Tips on dealing with child behavior during COVID
<https://www.triplep-parenting.com/us/triple-p/>

DBT in Schools – Tips on using Dialectic Behavior Therapy principles in home schooling
<http://www.dbtinschools.com/>

The Great Realization
<https://www.youtube.com/watch?v=Nw5KQMXDiM4&feature=youtu.be>

Inspirational Videos

Mozart Musicians at Home
<https://slippedisc.com/2020/03/in-locked-down-israel-eine-kleine-nachtmusik-connects-musicians-at-home/>

The Great Realization
<https://www.youtube.com/watch?v=Nw5KQMXDiM4&feature=youtu.be>
COVID-19 A Message of Hope

https://www.youtube.com/watch?v=rLY174n_KWA

9 Uplifting Stories from Around the World

<https://www.youtube.com/watch?v=DpbYcEkelG4>

A Chance to Reflect on What Is Truly Valuable

<https://www.youtube.com/watch?v=f1XomcSWjKw>

Uplifting Moments

<https://www.youtube.com/watch?v=csOH7CNHRgs>

Bolero Julliard

<https://slippedisc.com/2020/05/julliard-kids-are-still-at-it/>

For the Longest Time

<https://www.youtube.com/watch?v=LpAKcQufacc&feature=youtu.be>