

## Tips for Attending to Wellness During COVID

To help you refocus, attend to important self-care and boost your mood, we have listed some suggestions for things you can do to attend to your mental health. We encourage you to explore these free resources, tips or self-help platforms, and support of your mental health.

**1. Visit the [GME Wellness Website](#)** for a list of added support resources during the COVID-19 pandemic. We will be updating this information on a regular basis. This includes information on:

- Childcare
- Additional mental health resources
- Shared google docs with ideas for keeping busy when at home
- [Submitting your ideas/needs](#) for support to the GME Wellness group

**2. Join a GME Wellness Group Support Meeting.** We are actively working to expand opportunities for group support sessions as well as peer support options. Zoom-based group sessions will be added regularly so please check the GME Wellness Website and New Innovations for up to date information.

Dr. Raquel Cabral, GME Psychologist, will offer the first group support session on **Monday March 23** at 11am. Login to New Innovations for Zoom meeting login information.

### 3. Help someone else

Helping someone else is a great way to feel more empowered about the impact of your day-to-day life. Psychology Today columnist Eva Ritvo, M.D. reports that [helping others can help release the happiness trifecta](#): dopamine, serotonin, and oxytocin, which causes a boost in mood and several other health benefits. Here are just a few ideas:

- Support your community by ordering take-out options or shopping online. Restaurants and small businesses are really struggling during this time.
- If you see another co-worker or community member struggling, virtually reach out to support and encourage them.
- Check in on another resident or fellow or faculty member that is at home, either in quarantine or ill.
- Virtually check on any elderly or vulnerable members of your community.
- Send virtual encouraging notes to those who are important to you. Practice gratitude by showing them how thankful you are for them.

### 4. Practice mindfulness

Combat the pinging notifications and things vying for your attention by practicing a bit of mindfulness at the start or end of your day— or even as a lunch time break. According to a [Harvard Health article](#), “practicing mindfulness can bring improvements in both physical and psychological symptoms as well as positive changes in health, attitudes, and behaviors.”

- Meg Krejci, Washington University mindfulness expert, is offering Zoom sessions for mindfulness practices to everyone in our community: please check the [GME Wellness Website](#) early next week for more information
- [Headspace](#), that is offering free meditation practices for providers (physicians and APPs) with an NPI. They also have other free services available. [Thanks to Ricardo Ramirez, MD, ENT Resident for sharing this resource]
- [10% Happier](#), "Meditation for Fidgety Skeptics." The free part of the app has a good intro into meditation, while the paid part offers personal counseling as well.
- [Stop, Breathe Think](#). An app focused on targeting interventions to the way you tell it you're feeling. Free with in-app purchases
- [Insight Timer](#). Free, with content for kids too and thousands of guided meditations
- [The Resilient Option](#) is offering free unlimited access to their online program. Please use Resilience100 as the coupon code at the checkout.

## 5. Read a positive book

Whether you choose to read a positive book, a murder mystery or even a manual, reading still has proven health benefits. According to [Scholastic](#), regular reading can decrease your stress levels by up 68 percent and can lengthen your life by up to two years.

- AI.com has created a list of “31 optimistic books for readers in need of a boost right now.” You can read the full list [here](#).
- See a list of suggested books [from the Internal Medicine Chiefs](#)

## 6. Watch a positive movie

Birgit Wolz, PhD., MFT, a psychotherapist at the Zur Institute, facilitates cinema therapy groups. Wolz stated that watching a movie can bring “insight, inspiration, emotional release or relief and natural change.”

- AI.com has created a list of “51 hopeful movies that will make you feel good about life, now streaming on Netflix and more.” You can read the full list [here](#).

- See the [Internal Medicine Chief](#) list for movie and other entertainment suggestions

## 7. Limit your sources of news

Especially if you are already feeling overwhelmed, it is good to streamline your incoming news by picking three sites that you will get information from. Unfortunately, social media seems to be acting as an additional news site, so it might be helpful to consider social media when you are thinking through your daily input sources. Also, work emails pertaining to COVID-19 count as a source of news input. Consider a robust news source as you think through your current input list and choose only three that you will tune into.

## 8. Get moving and get outside

Restaurants, movie theatres and everything else might be closed, but parks and trails are not! Getting moving is a good way to get your mind off of the negative and remember the hope that is just around the corner! Here are a few ideas for staying active during the COVID-19 outbreak.

- [DownDog apps](#) (HIIT, Barre, Yoga, 7min workout) are free through July if you have a .edu address.
- Go on a bike ride
- Arrange a family walk
- Play a game that gets you moving
- Go for a jog
- Mow your grass

## 9. Start (or end) your day with gratitude

Taking a moment to remember all of the things that you are grateful for in life can be a great way to focus on the positive. [According to Harvard Health](#), giving thanks can make you happier. Plus, your gratitude can be as small- like a pair of clean socks- or large as you want it to be.

- Make a list of the things you are grateful for in the morning or evening
- Keep a gratitude journal (on paper or use one of [many apps](#))
- Send your gratitude to loved ones
- Write virtual thank-you notes

