

Wellness Connection

CommonSpirit 

Resources and tips for your well-being

April 1, 2020

No time is better spent than that spent in the service of your fellow man. Bryant H. McGill

Supporting your well-being

Welcome to CommonSpirit Health's first issue of *Wellness Connection*. The COVID-19 pandemic makes this a unique and very difficult time, especially for those on the front lines of caring for the people we serve. More than ever, we need support and resources to help us meet the demands we all face during this pandemic.

Each week, we'll have a new issue of *Wellness Connection* with information and tips that support your mind, body and spirit. Whether you're working directly with patients or are behind the scenes providing support, we hope you'll find something useful and helpful here. Special thanks to Nursing Innovation, Philanthropy, Mission, HR and many others who came together to bring this resource to our ministry.

Need to talk to someone? Spiritual Care and your Leadership Team are available to help. You can also contact your Employee Assistance Program (EAP) for help; for contact information visit [EmployeeCentral](#) or call the EmployeeCentral Contact Center, 855-475-4747.

Learn to unwind before heading home

Home should be the place we rest, relax and spend time with family. But with the added pressure of dealing with COVID-19 you may find it hard to decompress, so it can be hard to recharge.

There are simple, proven steps you can take at the end of the workday to help you unwind. The [Going Home Checklist](#) is a tool to use before you head home from work – so you can be your best at work and at home. Click [here](#) for a printable version.

Great recipes using your pantry

We're shopping less, staying at home and eating there, too – so stocking up on pantry items makes sense. With a well-stocked pantry, you're always prepared if you can't get to the grocery store. Click [here](#) for four quick, tasty and pantry-based recipes to keep your family nourished.

Take a moment to breathe...

In stressful moments, our breathing is often shallow and quick – and that releases hormones that intensify the situation. Deep breathing can counteract this initial response and help you with feelings of anxiety. [Here](#) are three quick breathing techniques you can do at work and home. You can also try a free breathing app, such as Here™, Breethe and Headspace (free trial), available to download through the App Store or Google Play.



Talking about COVID-19 with your kids: ask, listen and assure

Kids pick up on everything around them: The news, changes in routine, even a parent's casual comment. Without context, children can become confused and concerned. If they come to you with concerns about COVID-19, these key strategies can help them understand and cope:

Ask what they've heard so you can correct any misinformation.

Listen by acknowledging their feelings and ask questions to help identify sources of their fears.

Assure your children that their bodies are built to fight off viruses and your family will take extra care to stay healthy by washing your hands, keeping your hands off faces, covering coughs and sneezes, not sharing drinks and utensils with others, etc.

Make mindfulness a family affair: [Cosmic Kids Yoga](#) is offering a two-week free trial for kid-oriented meditations, yoga and calming exercises.

Your Employee Assistance Program (EAP) is another resource for help with caring for you and your family.

Ideas for home fitness fun

With gyms closed and everyone staying home, you can still maintain a fitness routine. Try working out at home – it can be fun for the entire family. Below are three free resources to get started:

[YMCA](#): Free online workout programs for all ages, including some of the Y's most popular group exercise classes, such as yoga, barre and low impact programs.

[Peloton App](#): A 90-day free trial of yoga, meditation, strength, cycling, running and other fitness classes.

[OrangeTheory Fitness](#): Free, at-home 30-minute workouts uploaded daily. No special equipment needed.

Share your spirit: stay connected

Studies show that high levels of social support are important to your health and well-being. [Click here](#) to share a tip on how you stay connected to friends and family; it may be included in next week's issue of *Wellness Connection*.

Tips for working from home

New to working from home? Many of us are. Check out [these tips](#) to help you be productive in your new work environment.

About this resource

Wellness Connection is a resource designed to assist in providing information relative to your well-being. Any tips or ideas are provided for illustrative purposes only and not intended to convey or suggest any medical advice. Applications or programs identified in this resource are suggestions only and are not endorsed by CommonSpirit Health. Your use of any application or program is optional and solely at your own discretion and CommonSpirit Health makes no representation nor guarantee on their use or merchantability.

CommonSpirit Health disclaims any responsibility for any medical issues or other injury that might arise from your use of this Wellness Resource, and Applications or Programs discussed or offered herein.

Please note that CommonSpirit's ministry-wide *Wellness Connection* program supports (and does not replace) any similar programs in your facility.