



COVID-19 Resiliency and Wellness Resources

Here is some information we are sharing with our employees during this challenging time. You may find some of these tips and resources helpful for yourself or others.

As we know, individual reactions during difficult times can be variable and may include:

- Concern and fear over your health and that of your loved ones
- Changes in sleeping and eating patterns
- Difficulty concentrating on tasks
- Difficulty coping with chronic health problems
- Increased use of alcohol, drugs and/or tobacco

It is normal to feel some degree of anxiety due to feelings of uncertainty. However, if your worry falls into the category of not sleeping, not eating, or excessive stress, please reach out to a professional.

If you are overwhelmed with feelings, it is extremely important that you take care of yourself. Here are some suggestions to help manage your emotions:

- Take time to experience and process what is happening.
- It is helpful to prioritize what needs to get done.
 - Create a to-do list to ease cognitive overload.
- Reach out for support.

Craving connection and unity is natural during times of stress. ***Social distancing does not mean social isolation.*** Think "**physical distancing, social connecting.**" Reach out to family, friends and colleagues. Leverage technology such as Facetime, Skype, Zoom or WebEx .

- Do something that helps you keep your sense of normalcy
 - PHYSICAL ACTIVITY: Plenty of resources are available online and on YouTube for fitness-related activity in times of social distancing. Please reference the resource links below for some examples.
 - CREATIVITY: Tap into art, writing or reading while at home. At work, try and take a creative lunch break if this is what brings you joy.
 - NUTRITION AND SLEEP: Make sure you are drinking plenty of water, eating healthy meals, avoiding too much alcohol and other mind-altering substances and optimizing rest and sleep. Good nutrition and sleep improves mental functioning and supports the immune system, which can impact perception and improve healthy emotional responses.

Crisis Lines

- [Crisis Text Line: Text HOME to 741741](#)
- [National Suicide Prevention Hotline: 1-800-273-8255](#)

- [SAMHSA National Helpline: 1-800-662-HELP](#)

Parenting Resources

- [Talking to Kids about Coronavirus](#)
- [Just for Kids: A Comic Exploring the New Coronavirus](#)
- [Help Kids Manage Anxiety around Coronavirus \(4 Expert Video\)](#)

Homeschooling Resources

Online Learning

- [Scholastic Learn at Home](#)
- [LAUSD and PBS At Home Learning](#)

At-Home Activities

- [Boredom Busters: 110 Fun At-Home Activities for Families and Kids](#)
- [Brain Pop](#)
- [Math Games](#)
- [Story Online](#) (books read by actors)
- [CosmicKidsYoga](#) (movement)
- [Go Noodle](#) (movement)
- [My School is Closed Today Book for Kids](#)

Virtual Field Trips

- [Virtual Museum Tours](#)
- [Virtual National Park Tours](#)
- [Virtual Tour of Mars](#)
- [Live Feed of Monterey Bay Aquarium](#)
- [Live Feed of the San Diego Zoo](#)
- [15 Virtual Field Trips Kids Can Take From Your Living Room](#)

Online Conference for Homeschool

- [Homebound Online Conference](#)

Free On-Demand Physical Activity Resources

- [Online Yoga and Meditation Classes](#)
- [CorePower on Demand](#)
- [Women's Health Magazine Workouts](#)
- [Men's Journal 8 At-Home Workouts](#)
- [Blogilates At Home Pilates and Barre Workouts](#)
- [Fitness Marshall At-Home Dance Workouts](#)
- [POPSUGAR At-Home Workout Channel](#)
- [Just Dance Workout Videos](#)

Meditation & Mindfulness Resources

- [Headspace](#) (free for anyone with an NPI number)
- [Mindful USC](#)
- [Calm Free Meditations](#)
- [Controlling Coronavirus Anxiety](#)
- [Just Breathe: 9 Tips for Managing Stress During the COVID-19 Pandemic](#)

Virtual Cultural Enrichment

- [Virtual Museum Tours](#)
- [Virtual National Park Tours](#)
- [Virtual Tour of Mars](#)
- [Live Feed of Monterey Bay Aquarium](#)

- [Live Feed of the San Diego Zoo](#)
- [Nightly Opera Stream](#)

Other Resources

- [LA County Department of Public Health](#)
- [The Right Way to Clean Your Cell Phone](#)
- [Help Your Family De-Stress During Coronavirus Uncertainty](#)
- [CDC Guidance for Managing Anxiety and Stress](#)
- [Los Angeles Department of Aging PickUp Meals for Seniors](#)
- [LAUSD Grab and Go Meal Centers for Children](#)
- [Grocery Shopping for Seniors](#)
- [California Food Banks](#)
- [My CalFresh Nutrition Program](#)

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**Our Intake and Assessment Center
is Open 24/7: 800-654-2673**

CharterOakHospital.com