

In the midst of the Covid-19 situation, here is a list of resources to assist with navigating this rapidly-changing time. Resources include information on medical preparedness, coping and stress management, self-care as well as additional resources for UCMC residents/fellows and caring for loved ones. Take good care of yourselves, be well, and be safe.

General Information and Perspective

- Flatten the Curve – A perspective on COVID-19 written by an epidemiologist at the Johns Hopkins School of Public Health.
 - <http://www.flattenthecurve.com>
- Share Facts, not Fear – A CDC Publication:
 - https://www.cdc.gov/coronavirus/2019-ncov/about/share-facts.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fshare-facts-stop-fear.html

Medical Preparedness

- American Academy of Neurology Covid-19 Neurology Resource Center
 - <https://www.aan.com/policy-and-guidelines/quality/public-health/updates-on-covid-19/>
 - Includes information on telemedicine
- Free Training for Non-ICU Physicians from Society of Critical Care Medicine
 - <https://sccm.org/covid19>

Coping and Stress Management

- The American Psychological Association: <https://www.apa.org/helpcenter/>
- National Center for PTSD
 - For health care workers: https://www.ptsd.va.gov/covid/COVID_healthcare_workers.asp
 - For staff in general: https://www.ptsd.va.gov/covid/COVID_managing_stress.asp
- The UC Center for Integrative Medicine
 - <http://med.uc.edu/integrative/mindfulness-programs/mindfulness-resources>
- How to Handle Coronavirus Anxiety
 - Practical tips for handling fear, uncertainty and denial in the midst of the pandemic by highly qualified experts: <https://www.tenpercent.com/coronavirussanityguide?sfns=mo>
- Mindful Media Consumption: The Conversation
 - <http://theconversation.com/coronavirus-5-ways-to-manage-your-news-consumption-in-times-of-crisis-133614>
- The Greater Good in Action - Science-based Practices for a Meaningful Life:
 - <https://ggia.berkeley.edu>

Additional Resources for UC Physicians (Faculty)

- The UC Stress Center Confidential Line
 - Phone Number: 513-558-5872. Please leave a voice message if our clinicians are on another call they will call you back. Lauren Goodwin at 513-558-3191 can schedule everything outside the UC Stress Center.

Additional Free Resources for UCMC Residents and Fellows/UC Health Employees

- The UC Health Employee Assistance Program (EAP) remains open and is providing free and confidential consultation to all UC Health employees and adult household members via telephone.
- EAP can be reached at 585-6100, Monday-Friday from 8:00-4:30.
- THRIVE is a new comprehensive wellness program powered by Virgin Pulse to help you with your physical, emotional, and professional wellness. Sign up is less than 5 minutes and gives you access to multiple resources for self-care as you care for others and cope with many changes.
 - Use your employee number and work email for initial sign-up. Access is available through the Link or at join.virginpulse.com/uchthrive.
- MyStrength is a platform that provides tools for cultivating resilience and strengthening skills for greater mental well-being. The home page offers resources specifically for managing stress related to COVID-19, including activities, guided meditations and coping tools.
 - To access myStrength, log into your THRIVE account and navigate to the 'programs' card
 - If you have not already, create an account, and complete the brief questionnaire. Sign up is 1-2 minutes
- When you enroll in any wellness program, your personal information is not shared with UC Health other than the fact that you have enrolled and when you achieve reward levels.
- Questions or suggestions about Employee Assistance and THRIVE: email THRIVE@UCHealth.com
- UC Health Employee Assistance can be reached by phone at 585-6100, M-F 8:00-4:30.

Relaxation/Stress Management Apps

- Calm
 - <https://www.calm.com/>
- Headspace
 - <https://www.headspace.com/>
 - Note: Free memberships for the duration of 2020 for all clinicians with a National Provider Identifier (NPI) number.
- 10 Percent Happier
 - <https://www.tenpercent.com/>
- Breathe2Relax
- Insight Timer

Exercise Resources

- Loveland Bike Trail
 - <https://www.lovelandbiketrail.com/>
- Muscle and Strength
 - <https://www.muscledstrength.com/workouts/abs>
- Planet Fitness Home Workouts (at 7pm)
 - <https://www.facebook.com/planetfitness/>
- Billy Banks Tae Bo Fitness Channel
 - https://www.youtube.com/channel/UCMGlp3jifsoufZv_y8_c1Qg

Food Resources

- Findlay Market Shopping App For Pick-up or Delivery of Fresh Foods: <https://www.citybeat.com/food-drink/the-dish/blog/21122881/findlay-market-shopping-app-lets-you-order-support-the-market-without-leaving-your-car-or-home>
- Kroger: <https://www.kroger.com/topic/clicklist---select-your-store>

Childcare

- YMCA locations are providing childcare for healthcare workers
<https://www.wcpo.com/news/national/coronavirus/ymca-of-greater-cincinnati-switching-focus-to-childcare-for-students-out-of-school>
- Cincinnati Sports Club Healthcare Worker Kids Sports Camp
 - <https://www.cincinnati-sportsclub.com/files/Healthcare%20Worker%20Kids%20Sports%20Camp.pdf>

Additional Resources for Children

- National School Psychologist Association
 - [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)
- Information For Younger Children: PBS.org Featuring Daniel Tiger
 - https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR2-e_iXXo6NulGzI51sTqv3JK69RF5VGzkhVjiRas4IsiJGL9DHIBR99AU
- Information for older children: NPR featured cartoon
 - https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus?fbclid=IwAR35dsrDolpg9GE7QeicQ8uli5Nk57ZBfRNbfvt_1TIMxAyJqDQyno3vtro
- Additional workbook for children
 - <https://documentcloud.adobe.com/link/review?uri=urn%3Aaaid%3Aascds%3AUS%3A144989fd-d179-4bca-9629-bf96e3eee0c7>

Resources for Older Adults

- Caring for Older Adults: National Council on Aging
 - <https://www.ncoa.org/blog/coronavirus-what-older-adults-need-to-know/>
- Supporting and protecting people over 60: NY Times (with CDC) report
 - <https://www.nytimes.com/2020/03/14/health/coronavirus-elderly-protection.html>