



Resources to Maintain Your Wellness

LOOKOUT FOR MORE IN GW HEALTHCARE ENTERPRISE DAILY DIGEST
EMAILS UNDER “*STAYING GWELL*”

In the midst of a challenging time, we have meaningful support and resources available.

As a community:

We are as prepared as possible thanks to strategic planning and clear communications from GW Healthcare Enterprise leadership.

- ▶ Resources for mental health and other support for ourselves and our families are available through EAP programs and others (see below).

As individuals:

Effective self-care tools do not need to be time-intensive

- ▶ Micro breaks, mindfulness practices (slides 3-5)
- ▶ Brief empathic connections at work (slide 6)
- ▶ Avoid excess news, and focus on what you can control (slide 7)
- ▶ Support your physical wellness (slide 8)
- ▶ Stay connected with your communities (slide 9)
- ▶ Make work-from-home work for you (slide 10-12)
- ▶ How to help if you cannot be on site (slide 13)
- ▶ Cabin fever (slide 14)

Resources For Our GW Community

All requests are free and confidential:

- ▶ MFA Employee Assistance Program now includes SupportLinc
 - ▶ Call: 888-881-LINC (5462)
 - ▶ Visit: www.supportlinc.com (username: mymfa)
- ▶ GW Hospital Employee Assistance Program
 - ▶ Call: 800-932-0034
 - ▶ Text: 858-224-2094
 - ▶ Visit: <http://uhs.acieap.com>
 - ▶ Email: eapinfo@acispecialtybenefits.com
- ▶ DC Physician Health Program
 - ▶ Call: 256-673-2747
- ▶ Physician Coaching through Medical Society of DC
 - ▶ Schedule: <https://denageorgemd.as.me/?appointmentType=13592360>
- ▶ Alternative Lodging Accommodations
 - ▶ Visit: <http://www.des05.com/t/39272289/1237176336/83602598/0/101543/?x=f3bd2d48>



Toolkit: On-the-Fly Practices



- ▶ We are not cognitively or emotionally at our best when stress is too high
 - ▶ “Microbreaks” are quick, informal, effective for short-term care
 - ▶ Shown to improve surgeon physical function and mental focus during long/difficult procedures
- ▶ Examples you can encourage – and role model – to manage stress include:
 - ▶ Focusing on a physical experience
 - ▶ If you are walking, notice: Weight shifting, or arms swinging
 - ▶ If you are sitting, notice: Feet on the floor, points of contact with the chair
 - ▶ If you are in conversation: Deep intentional breath, then re-focus on the conversation
 - ▶ Stretching – brings attention away from thoughts, releases physical tension

Park AE, Zahiri HR, Hallbeck MS, et al. Intraoperative "micro breaks" with targeted stretching enhance surgeon physical function and mental focus: a multicenter cohort study. *Ann Surg.* 2017;265:340-346.

Kinder P, Braun S, Deeb G, et al. “Awareness is the first step”: An interprofessional course on mindfulness & mindful-movement for healthcare professionals and students, *Comp Ther Clin Prac*, vol 25, 2016, 18-25.



Toolkit: One-to-Two Minute Practices

Brief formal practices include (resource links below):

- ▶ Box breathing
- ▶ Body scan – guided or alone
- ▶ Brief seated or walking meditation

Just one or two mindful deep breaths can yield short-term benefits at work in busy settings.

Gotter A. Box Breathing. Healthline website. <https://www.healthline.com/health/box-breathing>. February 22, 2019. Accessed March 18, 2020.

1 Minute Guided Body Scan Meditation for Beginners. YouTube website. <https://www.youtube.com/watch?v=E07n7Dtk4iA>. April 4, 2018. Accessed March 18, 2020.

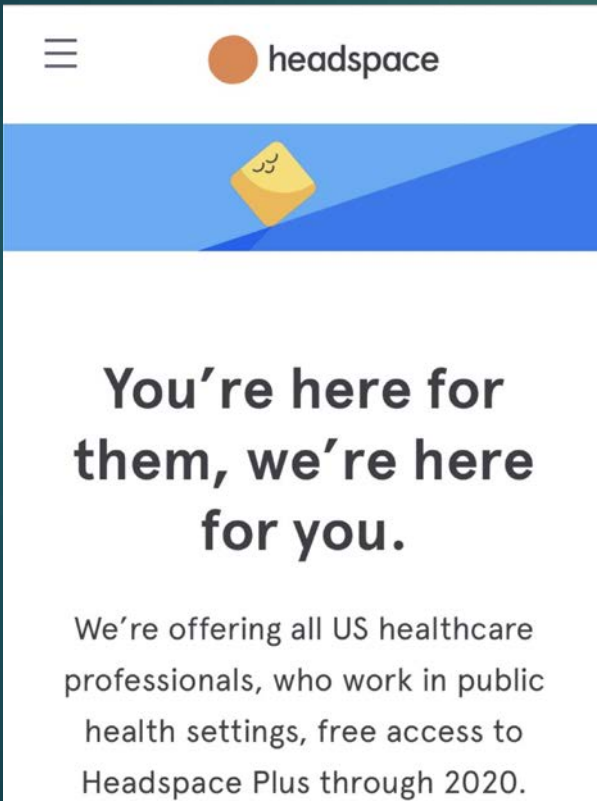
Brach T. Brief Meditation: Arriving in Mindful Presence. Tara Brach website. <https://www.tarabrach.com/brief-meditation-1-minute>. July 13, 2016. Accessed March 18, 2020.

Brach T. Walking Meditation Instructions. Tara Brach website. <https://www.tarabrach.com/wp-content/uploads/pdf/Walking-Meditation-Instructions.pdf>. Accessed March 18, 2020.

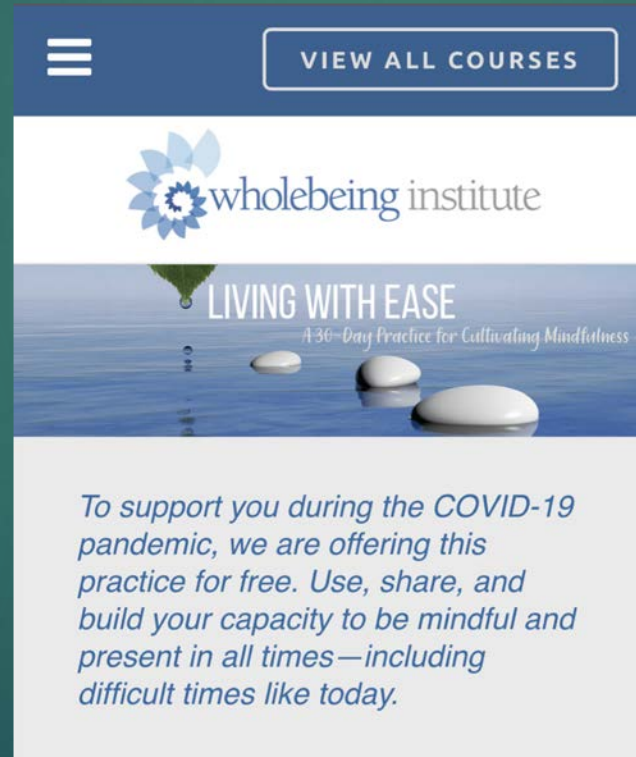
Toolkit: Deeper Practices

Long-term benefits of mindfulness practices – cognitively, emotionally, physically – are seen when engaged in daily for at least 10 minutes.


Many resources are now available for free.



The image shows the Headspace app interface. At the top, there is a hamburger menu icon and the Headspace logo. Below this is a blue banner with a yellow square icon containing a smiley face. The main text reads: "You're here for them, we're here for you." Below this, it says: "We're offering all US healthcare professionals, who work in public health settings, free access to Headspace Plus through 2020."



The image shows the Wholebeing Institute course page. At the top, there is a hamburger menu icon and a "VIEW ALL COURSES" button. Below this is the Wholebeing Institute logo. The main text reads: "LIVING WITH EASE" and "A 36-Day Practice for Cultivating Mindfulness". Below this, it says: "To support you during the COVID-19 pandemic, we are offering this practice for free. Use, share, and build your capacity to be mindful and present in all times—including difficult times like today."



The image shows the Coursera course page for "The Science of Well-Being". At the top, the course title is displayed. Below this, there are 5 stars and a rating of 4.9 (4,218 ratings) | 97% thumbs up. The instructor is Laurie Santos, labeled as "TOP INSTRUCTOR". Below this, it says: "Enroll for Free Starts Mar 29". The Coursera logo is also visible. At the bottom, it says: "1,533,579 already enrolled".

More resources at the GWell Center for Healthcare Professionals
Quick Links > Wellness > Resources > Community-Wide > Self-Care

Toolkit: Social Connections at Work

- ▶ Brief empathetic encounters in the workplace support *your* wellness, as well as those around you.
 - ▶ Make eye contact, smile (this is audible, even when not visible), enquire how they are.
 - ▶ Opportunities: Interactions with patients, other members of your team, or after a difficult experience or poor outcome.
- ▶ Conversely, know when to provide space.
 - ▶ Avoid contacting colleagues about non-urgent matters using intrusive methods (ex: call, text), or after hours.

Interpersonal relationships at work are important sources of support... particularly from managers/team leaders.



Toolkit: Focus on What You Can Control

- ▶ Even in usual times, engaging with the news and social media is one of the top 3 causes of daily stress for Americans.
 - ▶ Being well-informed is important, but limit yourself to what is useful. No more.
- ▶ You *can* control:
 - ▶ Make sure you are familiar with the most current protocols at GW.
 - ▶ What role you are expected to take.
 - ▶ Ask any questions now.
 - ▶ Continue to take care of your basic needs while at work.
 - ▶ Stay hydrated, keep snacks with you and try not to skip meals.

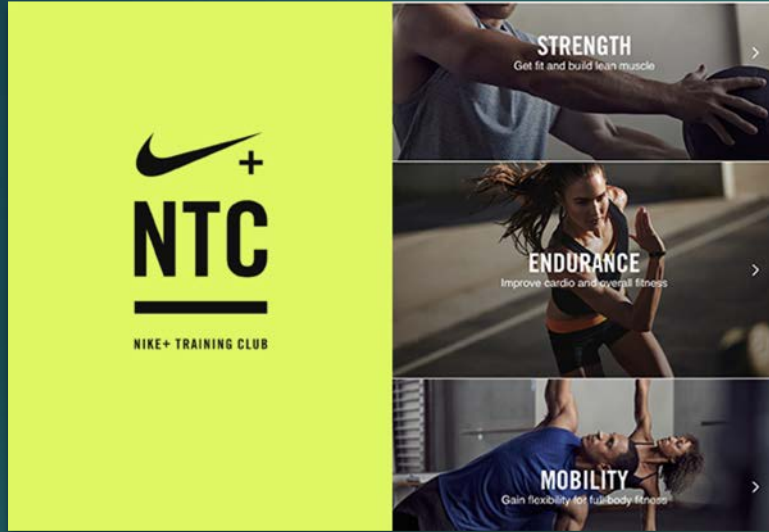


Cari Vander Yacht

The Unending Anxiety of Coronavirus Content

Social media has spontaneously delivered on its promise of community connectivity, while ensnaring our attention with an alarming grip.

Toolkit: Support Your Physical Wellness



- ▶ To the best of your ability: Eat well, exercise, and get enough sleep.
 - ▶ Activity: [Nike Training Club](#), [J&J 7 Minute Workout](#), [YouTube](#), [Class Pass Go](#) (\$)
 - ▶ Sleep: Combine an intentional wind-down period with meditation, [CBTi app](#), reading, music...
 - ▶ Meals: [InstaCart](#), Meal prep kits, [GrubHub](#)... we are lucky to have & pizza, but diversity!

Lopresti AL, Hood SD, Drummond PD. A review of lifestyle factors that contribute to important pathways associated with major depression: diet, sleep, and exercise. *J Affect Disord*. 2013 May 15;148(1):12-27.

Beezhold BL, Johnston CS, Dalghe DR. Vegetarian diets are associated with healthy mood states: a cross sectional study in seventh day Adventist adults. *Nutr J*. 2010 Jun 1;9:26.

Toolkit: Stay Connected with Your Communities

Social Distancing \neq Social Isolation

- ▶ Reach out to your networks!
 - ▶ Silver lining: Family and friends are very likely home without plans, too
- ▶ Find ways to stay engaged with your communities
 - ▶ Faith: Are services available online?
 - ▶ Volunteering: Other ways you can raise awareness and support the mission?



NETFLIX PARTY

Watch Netflix in sync with friends

Houseparty



Toolkit: How to Make WFH Work for You

- ▶ Maintain boundaries
 - ▶ Work volume may be picking up
 - ▶ Separation between professional and personal lives is key to avoid burnout at a time of high demand
 - ▶ Define hours and space within your home, as much as possible
 - ▶ If you have a partner, trade kid duty
- ▶ Use commute time intentionally
 - ▶ Physical activity
- ▶ Maintain social connection



Wellness Tips When Leading a Remote Meeting

- ▶ Ice Breakers
 - ▶ If not all participants are familiar with one another, make time for introductions and possibly a brief ice breaker
- ▶ Consider a short “check-in”
- ▶ Provide explicit opportunities for questions/comments
 - ▶ Without social cues, this can be a stressor

GW Work From Home Resources

Our library, instructional technology, and IS&T teams have provided tips and technologies particularly helpful for remote collaboration.

- ▶ MFA:
 - ▶ ISTConnect.org – “I Need To” tab
- ▶ SMHS:
 - ▶ Himmelfarb > Research Guides > Working From Home
 - ▶ Software downloads:
<https://it.gwu.edu/software>
- ▶ Blackboard course support for Collaborate Ultra:
 - ▶ Center for Faculty Excellence at SMHS: <https://smhs.gwu.edu/cfe>
 - ▶ Health Sciences:
<https://smhs.gwu.edu/impact>
 - ▶ Himmelfarb:
<https://Himmelfarb.gwu.edu/ask>

Toolkit: How to Help If You Cannot be Onsite

We all chose healthcare to help and heal others, and this is a difficult time not to be on the front lines.

Direct patient care is not the only way to make a meaningful impact (our medical students with their Clinical Public Health training particularly know this truth).

- ▶ Combat misinformation and unsafe attitudes.
- ▶ Remotely check on older neighbors, vulnerable family and friends.
- ▶ Provide social support to friends who need it.
- ▶ Find opportunities for advocacy, particularly supporting those most vulnerable.
- ▶ Amplify request donations of PPE – we are well-set at this time, but always better to be over-prepared:
 - ▶ Call 202-715-4559, or email COVIDdonations@gwu-hospital.com
- ▶ Stay tuned for structured opportunities to support our front line providers.

Toolkit: How to Combat Cabin Fever

- ▶ Explore the world virtually
 - ▶ Streaming concerts – ex. Berlin Philharmonic's Digital Concert Hall
 - ▶ Museum tours – ex. Smithsonian Natural History, Guggenheim
 - ▶ Virtual exhibits – ex. Google Arts and Culture
 - ▶ Historical sites – ex. Stonehenge
- ▶ Keep your brain stimulated
 - ▶ Novel research or other publications
 - ▶ Puzzles, free language classes, webinars
- ▶ Catch up on sleep
 - ▶ Almost all of us are experiencing sleep debt, this can be a good time to boost immunity by catching up
- ▶ Hit your to do list
 - ▶ We all have one. And we always feel better when it's done.

Pacing Ourselves...

- ▶ The finish line is ahead of us, even if not as close as we would like.
- ▶ In the meantime, we will continue to receive guidance from leadership, support one another, and set small goals for our own self-care.
- ▶ A little bit of patience and humor – for ourselves and others – always helps.

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The Salty Mamas
@saltymamas



If my husband doesn't stop singing "M-m-m-myyyyyy Corona" he is going to have bigger problems on his hands than a worldwide pandemic.

♡ 575 12:13 PM - Mar 15, 2020



💬 76 people are talking about this

