

March 20, 2020

COVID-19 is novel in so many ways causing unprecedented issues in daily life, work and healthcare delivery. Just 10 days ago, prevention focused on handwashing and avoidance of large groups; now the picture changes by the hour. US healthcare was caught unprepared with inadequate testing and personal protective equipment impacting the ability to conduct a thorough physical examination. A critical nursing shortage has existed for years and well over 50% of our providers, nurses and pharmacists in NH were “burned out” by stress and moral dilemma long before the coronavirus was identified and the pandemic declared. Now those over-taxed healthcare professionals are facing months of difficult decisions and worsening work demands and conditions. Tele-health has become the new normal for many without the usual boundaries and supports. With elective medical settings cutting back or closing without notice many healthcare employees are scrambling to find a new workplace setting or seeking unemployment insurance. Who would have thought that a career in healthcare was so fragile?

The most critical advice we can give is to take care of yourself, your family and your mental health now. This includes eating, sleeping, exercising and destressing. Limiting news input about impending financial woes is smart; you don’t need to feed anxiety when you can’t do anything about the problem. Self-care is not selfish but essential to your survival so that you can do the work that you were trained to perform. NH needs healthy doctors, nurses, physician assistants, pharmacists and nursing assistants now more than ever. If you become ill, you need to immediately change your role and become a patient. Recognizing your limits and symptoms can both save you and flatten the pandemic curve. Heroes die young; your friends, family and colleagues need you to remain healthy! Unfortunately, the work needs will be staggering but you must preserve yourself. With gyms closed and social distancing the mandate, stress relief activities have changed overnight. Isolation breeds mental health issues thus the need to reach out virtually.

At the NH Professionals Health Program (NHPHP) we have been putting out fires and supporting the many healthcare professionals we monitor with substance use disorders and mental health issues. Now is the time to stress your well-being. Should you need assistance, NHPHP invites your confidential calls and emails. We can “see” you via Zoom technology and have numerous helpful resources for health and wellbeing at our website -- [www.nhphp.org](http://www.nhphp.org)

Additionally, here are some free well-being resources compiled by Lisa Merlo PhD, the Director of Well-Being at U of Florida and our staff that may be helpful for you, your family, and your patients while we’re held up together maintaining social distance or isolating in quarantine. The resources for parents are at listed near the end.

#### **Free Online Exercise Resources:**

- Les Mills (e.g., Body Pump, Body Flow, Body Combat, Barre, etc.) on-demand exercise classes [currently available free]: <https://watch.lesmillsondemand.com/at-home-workouts/season:1>
- Peloton online [currently available free] : <https://www.theverge.com/2020/3/16/21182267/peloton-workout-app-trial-at-home-subscription>
- “50 Best Free Online Workout Resources”: <https://makeyourbodywork.com/how-to-exercise-at-home/>
- Whole Life Challenge [currently offering a free pop-up challenge for individuals or teams): <https://www.wholelifechallenge.com/popup/>

## **Mental Health: new content is popping up daily**

- <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- <https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US>

## **FOOD:**

- Meal Delivery Services (most have introductory discount offers):
  - Blue Apron: <https://www.blueapron.com/>
  - Green Chef: <https://greenchef.com/>
  - HelloFresh: <https://www.hellofresh.com/>
  - Home Chef [discount code DINNERTIME30]: <https://www.homechef.com/the-best>
  - Splendid Spoon: <https://splendidspoon.com/get-started/>
  - Sun Basket: <https://sunbasket.com/>
  - Wild Alaskan Seafood: <https://wildalaskancompany.com/start>

## **Free Meditation Resources:**

- Headspace [currently free for healthcare professionals with NPI#]: <https://www.headspace.com/health-covid-19>
- Ten Percent Happier App [currently free for healthcare professionals]: <https://redeem.tenpercent.com/>
  - To claim your complimentary subscription you'll *redeem the gift code* (HEALTHCARE) *on the website*. Then log into the mobile app on your Apple or Android device using the same Ten Percent Happier account and all the subscription contents of the app will be unlocked.
  - Or just go to their Coronavirus Sanity Guide to access relevant free content/resources without creating an account: <https://www.tenpercent.com/coronavirussanityguide>
- Calm.com [currently offering free resources]: [https://www.calm.com/blog/take-a-deep-breath?utm\\_source=lifecycle&utm\\_medium=email&utm\\_campaign=difficult\\_times\\_nonsubs\\_031720](https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_nonsubs_031720)
- Insight Timer Meditation App [free]: <https://insighttimer.com/>
- Stop Breathe & Think App: <http://app.stopbreathethink.org>
- Healthy Minds App [currently available free]: <https://tryhealthyminds.org/>

## **Podcasts – thought provoking and free:**

- The Daily, New York Times
- Ten Percent Happier – a weekly interview by Dan Harris with interesting guest
- NPR Fresh Air
- The Addicted Mind
- Revisionist History – Malcolm Gladwell start with season one
- Moving Medicine AMA
- Hidden Brain NPR
- Work Life – Adam Grant

## **Some Local/National Religious Services Offered Online (incomplete listing):**

- Abiding Savior Lutheran Church: <http://abidingsavior.info/>
- Abundant Grace Church: <https://liveabundantgrace.com/>
- Anthem Church: <https://www.anthemchurch.com/>
- Catholic Mass Online: [https://catholiccurrent.org/covid19/?mc\\_cid=653133a134&mc\\_eid=c3fb0c97cc](https://catholiccurrent.org/covid19/?mc_cid=653133a134&mc_eid=c3fb0c97cc)
- Congregation B'Nai Israel: <http://www.jewishritual.com/live/>
- Family Church: <https://www.thefamilychurch.net/live-stream>
- First Presbyterian Church: [www.1stpc.org](http://www.1stpc.org)
- Gainesville Church of God: <https://www.gainesville.church/>
- Gainesville Karma Thegsum Choling (Buddhist meditation center): <https://www.ktcgainesville.org/>
- Grace at Fort Clarke: <https://gracegnv.org/>
- Greenhouse Church: <https://greenhouse.churchonline.org/>
- Jumah Prayer Service: <http://thenationsmosque.org/jumah-stream/>
- Shabbat Services Online: <https://reformjudaism.org/attend-shabbat-services-online>
- Sim Shalom Online: <https://simshalom.com/>
- Westside Baptist Church: <https://westsidebaptist.org/>

### **For Individuals in Recovery:**

- **Online meetings**
  - AA: <https://meetings.intherooms.com/>
  - NA: <https://www.na.org/meetingsearch/text-results.php?country=Web&state&city&zip&street&within=5&day=0&lang&orderby=distance>
  - Al-Anon: <https://al-anon.org/al-anon-meetings/electronic-meetings/>
  - Smart Recovery: <https://www.smartrecovery.org/community/>
  - Buddhism-based mutual support group: <https://recoverydharma.online/>
  - <https://straftfordrecovery.org/virtual-meetings>
- **Recovery Apps**
  - Sober Grid: <https://www.sobergrid.com/> - allows you to interact, support, and engage with other people in recovery using a platform similar to Facebook.
  - SoberTool: <https://apps.apple.com/us/app/sobertool-addiction-recovery/id863872931> - is an easy way to track your clean and sober days. The app includes daily motivational messages and reminders to keep you on target.
  - WEconnect: <https://www.weconnectrecovery.com/patients> -provides you with daily reminders to stay on track with your recovery plan. You can create reminders to call your sponsor, go to a group meeting, meditate, etc.
  - AA Big Book: <https://mybigbookapp.com/> -This app gives you access to the full text of the Big Book, along with a meeting finder, podcasts, prayers, and personal stories.
  - 12 Step Meditation Daily Reflections for AA, NA, Al-Anon: <https://apps.apple.com/us/app/12-step-meditation-daily-reflections-aa-na-al->

[anon/id1027253662](https://anon/id1027253662) - This app features hundreds of easy-to-follow guided meditations, as well as soothing music, prayers, and 12-step recovery audio.

- <https://www.addictionpolicy.org/> - The Addiction Policy Forum has created a FREE Connections App to support people in recovery during the COVID-19 outbreak

### **Mental Health Resources:**

- **Crisis/Emergency counseling by phone: 24 hours a day, 7 days/week**
  - National Suicide Prevention Hotline: Call 1-800-273-TALK (1-800-273-8255); Or online chat: <https://suicidepreventionlifeline.org/chat/>
  - National Suicide Hotline: Call 1-800-SUICIDE (1-800-784-2433); Or online chat: <https://www.imalive.org/>
  - Nacional de Prevencion del Suicidio (en espanol): 1-888-628-9454 (toll free)
- Tips and Resources from Mental Health America: <https://mhanational.org/covid19>
- 7 Crucial Research Findings to Help Deal With COVID-19: <https://www.apa.org/news/apa/2020/03/covid-19-research-findings>

### **Ways to Socialize While Maintaining Social Distancing Precautions**

- Video chat with friends and family (Facetime, Android video chat, Google Hangouts, Zoom, Skype)
- Host a “Netflix Party”:  
<https://www.usatoday.com/story/entertainment/tv/2020/03/17/coronavirus-netflix-party-lets-friends-do-movie-nights-quarantine/5072347002/>
- Have an Online Karaoke party: <http://www.singsnap.com/>
- Play an online multiplayer game together
- Play charades via Google Hangouts, Zoom, Skype
- Host an online scavenger hunt (meet via Google Hangouts, Zoom, Skype then give everyone a fun list of items to find in their house and “show off” what they find when time is up!)
- Host a photo/video scavenger hunt—give them a list of silly things to do and take a photo/video of themselves to share with the group (e.g., headstand, attempt to juggle, eat a hot pepper)
- Play Pictionary via Zoom using the screenshare feature
- Play digital board games together
- Practice your photography skills and share with friends
- Make/share TikTok videos
- Play “Car Pool Karaoke” via Zoom—take turns picking a song and challenge other(s) to sing along. Everyone starts muted, then selectively unmute friends to share their performance with the group.
- Host an online journal club or book club
- Watch a movie or show “together” via Zoom, Facetime Group, Google Hangouts, Skype, Facebook Live or host a movie Tweet-along via Twitter (start your own #hashtag)
- Do a craft “together” via Zoom, Facetime Group, or Google Hangouts
- Write a story together—one person in the group writes a couple sentences, then emails it to the next group member who adds another couple sentences and passes it along. Keep going as many rounds as it remains fun!
- Play a social online game together (e.g., Words With Friends, Draw Something, Golf Clash)

- Engage in Virtual Team Building Activities: <https://www.thecouchmanager.com/3-fun-and-easy-virtual-team-building-activities/>
- Send emails, notes, texts to your friends and family expressing gratitude and/or admiration

### **Entertain Yourself While in Quarantine**

- **NH Public libraries** offer free on-line checkout of e-books, audiobooks, magazines and DVDs – library card required. Call your public library or go to their website for instructions.
- Consider keeping a COVID-19 Journal to remember this historical event (some prompts below):
  - How has this impacted your daily life?
  - How has it affected your view of the important work you do?
  - How has spending time at home with family influenced your interactions and feelings toward your family? OR How has spending time home alone influenced your interactions and feelings toward your family?
  - What has happened during this crisis that has surprised you in a positive way? What has happened during this crisis that has surprised you in a negative way?
  - What can you be grateful for in this moment?
  - How might this experience impact your life long-term?

### Free Online Cultural Experiences:

- Metropolitan Opera online broadcasts: <https://www.metopera.org/>
- Seattle Symphony online broadcasts: [https://seattlesymphony.org/watch-listen/beyondthestage/live-broadcasts?fbclid=IwAR3TweYh3rjjW8rrgrBRFQtiQq64Sycxjw2uT5HRXSD6\\_yj1yzJKooBjE5g](https://seattlesymphony.org/watch-listen/beyondthestage/live-broadcasts?fbclid=IwAR3TweYh3rjjW8rrgrBRFQtiQq64Sycxjw2uT5HRXSD6_yj1yzJKooBjE5g)
- Live Virtual Concerts (all genres): <https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>
- Support Local Live Music with Facebook Live Concerts: <https://facebook.com/events/s/support-local-music-online-by-/611183506130234/?ti=cl>
- Museum Virtual Tours: [https://hellogiggles.com/news/museums-with-virtual-tours/?fbclid=IwAR07rx\\_DJ3jcyphyHbRjqZ-3JeQbsi-51zwx4hkYbWAQy5ZInEOu\\_ik\\_ar4](https://hellogiggles.com/news/museums-with-virtual-tours/?fbclid=IwAR07rx_DJ3jcyphyHbRjqZ-3JeQbsi-51zwx4hkYbWAQy5ZInEOu_ik_ar4)
- Museum Collections online: <https://artsandculture.google.com/partner?hl=en&fbclid=IwAR3ycUR2OekI5Ghiq95yX8N49-OIIA3BHfL8ZdxEDFIJZMJBethXPvBb0WU>
- Broadway Direct Guide to Online-Streaming Broadway Shows (most free with Amazon Prime): <https://broadwaydirect.com/where-to-watch-musicals-online-the-musical-lovers-guide-to-streaming/>

### **Resource for Parents**

**How to Talk to Your Kids About Coronavirus:** [https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR30Hy1oPOKn\\_gq4egmdt2DBYO8tYhEwIL5Jk8IRQ0R-uuPgglDZCMccrHQ](https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR30Hy1oPOKn_gq4egmdt2DBYO8tYhEwIL5Jk8IRQ0R-uuPgglDZCMccrHQ)

**Tips for working at home with kids:** [https://theeducatorsspinonit.com/working-at-home-with-kids/?fbclid=IwAR3YZCegqkaT0zFMeSLhAbHUpod\\_kn6Q0q3hSaQHnDNuTomobOt2DeYa9No](https://theeducatorsspinonit.com/working-at-home-with-kids/?fbclid=IwAR3YZCegqkaT0zFMeSLhAbHUpod_kn6Q0q3hSaQHnDNuTomobOt2DeYa9No)

**How to Navigate Google Classroom (if your child's school is using this to transition online):**  
[https://docs.google.com/presentation/d/1PDVZvie0DnFbFEVFB8U3j89o1mD5BCUXTE6ymbb9y\\_k/mobilepresent?slide=id.g4ed39d6345\\_0\\_55](https://docs.google.com/presentation/d/1PDVZvie0DnFbFEVFB8U3j89o1mD5BCUXTE6ymbb9y_k/mobilepresent?slide=id.g4ed39d6345_0_55)

**Online lessons/activities to keep the kids busy:**

- Go Noodle (games and exercise): <https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/?fbclid=IwAR2euxZVpj5JMBNcG3hfUbx9PvvqG3HSHoIMBCyDNoVucq9KoeZKvwaHMjs>
- Cosmic Kids Yoga: [https://www.youtube.com/user/CosmicKidsYoga?fbclid=IwAR01RYYDiuwDoB4nM9iV3hN6gROFTfRRTIJkUUER1qX7\\_7ADrWrBD2dYoZI&app=desktop](https://www.youtube.com/user/CosmicKidsYoga?fbclid=IwAR01RYYDiuwDoB4nM9iV3hN6gROFTfRRTIJkUUER1qX7_7ADrWrBD2dYoZI&app=desktop)
- Lunch Doodles (drawing lessons): <https://www.kennedy-center.org/mowillems?fbclid=IwAR1W7xHaLnv5S3GyfZ1LVghnSNDdbyo9M-5cOFB765R415HquRGUynfIKg>
- Virtual Field Trips: <https://theeducatorsspinonit.com/virtual-field-trips-for-kids/?fbclid=IwAR1pCsmGDoBlz-j6uxNHNB9b5MWarDFr6lpcauvxaQqmuDZPon1BsCAK0CU>
- Virtual School Activities: <https://virtualschoolactivities.com/>
- Cincinnati Zoo Online Safari: <http://cincinnati-zoo.org/home-safari-resources/?fbclid=IwAR2R15Jed-JnZkmdAR1aZi7WkssMNCUNe6oyiRmQd2u1UGVSY5MA8hoQfqq>
- Toledo Zoo Virtual Tour: [https://my.matterport.com/show/?m=RjahmM52WcA&fbclid=IwAR0h6mX\\_VR\\_tQLVRfYoJG\\_B90qFY14TIIXMkBzRO4lY0g6GVWjUtmT\\_b5hIE](https://my.matterport.com/show/?m=RjahmM52WcA&fbclid=IwAR0h6mX_VR_tQLVRfYoJG_B90qFY14TIIXMkBzRO4lY0g6GVWjUtmT_b5hIE)
- Dairy Farm Virtual Tours: Dairy Farms: [http://origin.americandairy.com/news-and-events/dairy-diary/virtual-farm-tours-while-your-stuck-at-home.shtml?fbclid=IwAR3YlfsfaXIR64Yi-J4nOmEboztABe9qOqlZxJnpMrRW3kLuMfSP3bb\\_AAs](http://origin.americandairy.com/news-and-events/dairy-diary/virtual-farm-tours-while-your-stuck-at-home.shtml?fbclid=IwAR3YlfsfaXIR64Yi-J4nOmEboztABe9qOqlZxJnpMrRW3kLuMfSP3bb_AAs)
- Educational TV shows on Netflix: [https://homeschoolhideout.com/educational-shows-on-netflix/?fbclid=IwAR0GB81B8\\_vZM73Q6XfYWWr2WQJuH988CSxlRfgvSko2hjrixY6MLm4Smq0](https://homeschoolhideout.com/educational-shows-on-netflix/?fbclid=IwAR0GB81B8_vZM73Q6XfYWWr2WQJuH988CSxlRfgvSko2hjrixY6MLm4Smq0)
- Educational resource companies offering free subscriptions during COVID-19 outbreak: [https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?fbclid=IwAR3oerSFtoD34uT07ViSLA8Y19t1dl\\_Bmq8koCPSvhD5QQ6uhiRwnSm69XU](https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/?fbclid=IwAR3oerSFtoD34uT07ViSLA8Y19t1dl_Bmq8koCPSvhD5QQ6uhiRwnSm69XU)
- Civics/Government Lessons and Games for Kids: [www.icivics.org](http://www.icivics.org)
- Online Storytime:
  - Storyline Online: <https://www.storylineonline.net/?fbclid=IwAR3sBm3npcQeAvMIj2GBQbNMhhHMDTkZgI4zMRVAkYYQEon07K1qoaScN9Y>

- Brightly Storytime (Read Aloud Picture Books):  
[https://www.youtube.com/channel/UCvQagFNHMrGgQpYunk4rHXg/featured?fbclid=IwAR22gi0gVsUeHDTdlavudxzCQovR2fwPkkCzY789Tc7uqqRtaF\\_bgqEwEZ8](https://www.youtube.com/channel/UCvQagFNHMrGgQpYunk4rHXg/featured?fbclid=IwAR22gi0gVsUeHDTdlavudxzCQovR2fwPkkCzY789Tc7uqqRtaF_bgqEwEZ8)
- Read-Alouds and Sing-Alongs: [https://growingbookbybook.com/online-literacy-resources/?fbclid=IwAR3K4WOIYgT1YJiz3A1qaMYnRuicsP\\_6yWNWZ6C7ZQYVuGUu8oxACzjzBnM](https://growingbookbybook.com/online-literacy-resources/?fbclid=IwAR3K4WOIYgT1YJiz3A1qaMYnRuicsP_6yWNWZ6C7ZQYVuGUu8oxACzjzBnM)
- Operation Storytime: <https://coolprogeny.com/2020/03/operation-storytime/>