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TO: All ACBH Team Members & Community Partners

FROM: Aaron Chapman, MD, ACBH Medical Director, Chief Medical Officer
Karyn L. Tribble, PsyD, LCSW, ACBH Director 

SUBJECT: Self-Care & Supportive Resources during the COVID-19 Pandemic

Dear Colleagues:

We hope this communication finds you well; and that you are preparing to find some way to **safely** recognize the upcoming 3-day weekend and Memorial Day Holiday.

In the spirit of partnership, our department is disseminating this comprehensive list of potential resources regarding self-care and our own health and wellness as we all endure the impacts of the Novel Coronavirus pandemic. With appreciation for one of our own departmental experts who compiled much of this information (*Dr. Cheryl Baggeroer of the Primary Care Psychiatric Consultation Program (PCPCP)*), ACBH is sharing these materials with the hope that one or more of the items might be of use to you or other community partners. Many of the resources have been provided below, including specific links to potential web-based or online resources.

No particular items have been endorsed by this department – but these materials may be of benefit to you upon further review. Please see below as appropriate for your consideration.

We continue to urge you to regard local shelter in place orders, use physical distancing and vigilant hygiene practices, and wear masks and/or appropriate personal protective equipment (PPE) as/if required by your daily activities.

Be well and be safe.

SELF-CARE DURING CHALLENGING TIMES:

During challenging times, a regimen of self-care may sound like a luxury or indulgence. Despite how it may feel, good self-care is crucial for our well-being. Constant stress can have an adverse effect on both mental and physical health. Self-care is essential for managing stress. It is especially during times of greatest stress or challenge that self-care should not be neglected. Smart habits cut down the toxic effects of stress, improving our mood and boosting our energy and confidence. Self-care is not just about mental health. It is also about caring for our physical needs. Healthy eating, adequate sleep, attention to hygiene and regular exercise are all a part of self-care. Good self-care is just that...self-care. It is not something that others can do for you. That said, we can always support and make space for another's self-care needs.



Too often we talk about these concepts with overly broad strokes and “catch words” such as meditation, mindfulness and exercise. It is rare that we provide concrete recommendations for people seeking self-care resources. It is in this spirit and during these challenging times that we provide this “tool-box” of resources listed below. We are aware that this list is incomplete and of course many alternatives exist. In the spirit of helping to facilitate the self-care of others that we invite you to share additional resources that you have found helpful.

SELF-CARE/ANXIETY TOOLBOX SUGGESTIONS:

Meditation Apps that have specific content on Anxiety, Stress and Sleep

- **Headspace**
 - <https://www.headspace.com/covid-19>
- **Ten Percent Happier**
 - <https://www.tenpercent.com/coronavirussanityguide>
- **Calm**
 - <https://www.calm.com/>
- **Mindfulness Coach**
 - <https://www.mobile.va.gov/app/mindfulness-coach>

Exercise

- **Why to do it?**
 - <https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm>
- **Online options**
 - <https://psychiatry.ucsf.edu/coronavirus/coping#c>

Quick Anxiety Reduction Exercises

- **Breathing Exercises**
 - <https://www.drweil.com/health-wellness/body-mind-spirit/stress-anxiety/breathing-three-exercises>
- **Breathing and Grounding Exercises**
 - <https://podcasts.apple.com/be/podcast/how-to-calm-down-when-you-feel-anxious/id348096293?i=1000344681367> **(start at 1:15)**
- **Wellness Check in**
 - <https://www.thingsarelookingupheroes.com/>

On-line/Self-directed Anxiety Courses

- **Unwinding Anxiety**
 - <https://www.unwindinganxiety.com/>
- **This Way Up**
 - <https://covid19.thiswayup.org.au/>
- **CBT for Insomnia**
 - <https://www.mobile.va.gov/app/cbt-i-coach>

Anxiety Workbooks

- **Mind over Mood**
 - <https://www.mindovermood.com/info.html>

- **The Anxiety and Phobia Workbook**
 - <https://www.newharbinger.com/anxiety-and-phobia-workbook-sixth-edition>
- **This Way Up**
 - <https://covid19.thiswayup.org.au/>

SELF-CARE/ANXIETY TOOLBOX SUGGESTIONS (DETAILS)

Meditation and Mindfulness Apps

Many popular and easy to use meditation apps have created content that directly address the increase in Covid19 related anxiety. HEADSPACE and 10%HAPPIER have 1-20 minute long audio and video exercises intended to reduce anxiety as well short "courses" on dealing with stress. Although they are considered meditation apps there is likely something that will appeal to most people in terms of content and length. Some of the content is available for free or a reduced price right now. CALM is also quite popular and has a strong focus on sleep with sleep "stories". The VA has a MINDFULNESS COACH app that has always been free and does not collect personal data.

<https://www.headspace.com/covid-19>

<https://www.tenpercent.com/coronavirussanityguide>

<https://www.calm.com/>

<https://www.mobile.va.gov/app/mindfulness-coach>

On-line/Self-directed Anxiety Courses

These are some options for those that are interested in doing some anxiety therapy work, but are not ready to commit to regularly scheduled sessions or work with an individual therapist. UNWINDING ANXIETY is an on-line video course - for a fee that is discounted right now - that also offers some direct expert interactions and community support, THISWAYUP has free workbooks that can be downloaded as well as free on-line courses; however, is based in Australia so support resources are not helpful. CBT-i COACH is through the VA, also free and does not collect personal data, focussed specifically on CBT for insomnia.

<https://www.unwindinganxiety.com/>

<https://covid19.thiswayup.org.au/>

<https://www.mobile.va.gov/app/cbt-i-coach>

Exercise

This summarizes how much exercise helps mental health. Reminder - it doesn't take much to see the benefits! Some on-line class options listed below:

"Regular exercise can have a profoundly positive impact on depression, anxiety, ADHD, and more. It also relieves stress, improves memory, helps you sleep better, and boosts your overall mood. And you don't have to be a fitness fanatic to reap the benefits. Research indicates that modest

amounts of exercise can make a difference. No matter your age or fitness level, you can learn to use exercise as a powerful tool to feel better.”

<https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm>

Class options - <https://psychiatry.ucsf.edu/coronavirus/coping#c>

- Planet Fitness live streams classes everyday at 4pm PST, 7pm EST: <https://www.facebook.com/planetfitness/>
- **J&J Official 7-Minute Workout** is a free workout library containing 22 preset workouts, varying in intensity and duration. Workouts are designed to fit your schedule and range from 7 to 32 minutes in length.
- **Wakeout** comes with hundreds of exercises you can do right at your desk, such as yoga, chair exercises, and hand health exercises to stay productive, energized, and healthy.
- **YogaWorks** offers around 80 live streaming, high quality free classes each day.
- **Do Yoga With Me** and **Yoga with Adrienne** offer free yoga videos for everyone.
- **Down Dog Yoga** If you are a student or teacher, Down Dog is free until July 1 when you register with your school's domain.
- **Core Power Yoga** offers free classes online.
- **Zumba** dance concert videos offer great workouts.
- A vigorous 30-minute **Vinyasa** yoga class with master teacher Janet Stone
- **Peloton** is offering a 90-day trial of their digital membership, which offers streams of live/recorded group classes from a closed set. (It doesn't require their bike to access classes on cycling, strength training, yoga, and meditation.)
- The **Workout.Today** is a daily email newsletter with a free workout that you can do at home. They are also offering live yoga and live workouts during this time.

Getting Vitamin D

Low vitamin D levels (< 30) have been associated with a higher risk of anxiety and depressive symptoms. The Stay at Home orders have been keeping a lot of people inside more than usual. Consider the best way to reduce the risk of low vitamin D levels - through diet, supplements or sunshine.

Brief Wellness Exercises/Podcast Episodes Related to Anxiety

There are many, many of these guides circulating. These options walk people through the actual steps of how to breathe or calm down when anxious as well as a wellness check in method exercise for health care workers "Heroes Helping Heroes" that can be useful for anyone interested .

<https://www.drweil.com/health-wellness/body-mind-spirit/stress-anxiety/breathing-three-exercises>

<https://podcasts.apple.com/be/podcast/how-to-calm-down-when-you-feel-anxious/id348096293?i=1000344681367>

<https://www.thingsarelookingupheroes.com/>

Anxiety Workbooks

For those that want to spend less time on-line and use a traditional anxiety workbook, here are two well-known ones - **MIND OVER MOOD** and the **ANXIETY AND PHOBIA WORKBOOK**. The website above - **THISWAYUP** (<https://covid19.thiswayup.org.au/>) - includes links to several workbooks that can be downloaded.

<https://www.mindovermood.com/info.html>

<https://www.newharbinger.com/anxiety-and-phobia-workbook-sixth-edition>

Other Book/Guidebook Options:

- 1) *Wherever You Go, There You Are* by Jon Kabat-Zin
- 2) *Getting Unstuck* by Pema Chodrom
- 3) *The Heart of Buddha's Teachings* by Tich Nhat Hahn
- 4) *Lovingkindness* by Sharon Salzberg
- 5) *Going to Pieces without Falling Apart* by Mark Epstein
- 6) *Helping Your Anxious Child* by Spence, Rapee, et al
- 7) *Zen and Art of Motorcycle Maintenance* - by Robert Pirsig
- 8) https://covid19.ca.gov/img/wp/california-surgeon-general_stress-busting-playbook_draft-v2clean_ada-04072020.pdf

CRISIS RESOURCES

All employees are encouraged to consult with their provider and/or seek immediate support from an emergency service provider or facility in the event of an emergency. Non-urgent resources such as Employee Assistance Program (EAP) offerings and/or other confidential resources provided through your community may be of help during this time.

Additional American Psychiatric Association (APA) Coronavirus Resources

If you are a patient or family member or friend in need of immediate assistance:

- Disaster Distress Helpline (*SAMHSA*)
 - Call 1-800-985-5990 or text TalkWithUs to 66746
- National Suicide Prevention Lifeline (*Link*)
 - Call 800-273-8255 or Chat with Lifeline
- Crisis Textline (*Link*)
 - Text TALK to 741741
- Veterans Crisis Line (*VA*)
 - Call 800-273-8255 or text 838255
- National Domestic Violence Hotline
 - Call 1-800-799-7233/ 1-800-787-3224
 - <https://www.thehotline.org/help/>

- <https://ncadv.org>

As always, be well and stay safe...and remember to 'smile' beneath your masks.