

EMOTIONAL HEALTH/WELLNESS RESOURCES during COVID-19

From University of Minnesota Center for Spirituality and Healing of University of Minnesota: free webinars that are now on you tube. Can sign up for live ones or view recordings. This is an absolutely fantastic resource! General link for Center for Spirituality and Healing of University of Minnesota: <https://www.csh.umn.edu/community/free-webinars> You can register for upcoming webinars, as well as view previous webinars.

- Pathways to Resilience During Times of Change: <https://youtu.be/uT2UkqQa-dY>
- Wellbeing in a COVID-19 World: <https://youtu.be/GDWU6JHxHo0>
- Mindfulness During Challenging Times: <https://youtu.be/ix30xWtV1fE>
- Purpose in Times of Uncertainty: <https://www.youtube.com/watch?v=mib37adsQoA&feature=youtu.be>
- Sleep and Wellbeing: <https://www.youtube.com/watch?v=mN-b04EDZ-M&feature=youtu.be>
- Wellbeing Leadership: Strategies for Leading in Challenging Times: <https://www.youtube.com/watch?v=tFjg8EOP970&feature=youtu.be>

They also host some **free stress buster sessions**, 12:00 – 1:00pm Central Standard Time most Tuesdays thru July, you need to register: https://umn-private.zoom.us/webinar/register/WN_IHkbeR4kQvKUI8dgpT0STw

Additional (for cost) resource:

* \$139 Wellbeing & Resilience for Healthcare Professionals: <https://www.csh.umn.edu/community/wellbeing-resilience-health-professionals-online-program>

* \$139 Wellbeing & Resilience for Physicians: <https://www.csh.umn.edu/community/wellbeing-resilience-physicians-online-program>

Center for Adolescent Studies:

Resilience and Self-Care Basics for Helping Professionals:

<https://courses.centerforadolescentstudies.com/resilience-and-self-care-basics-for-helping-professionals/>

American Occupational Therapy Association

- AOTA Practitioner wellbeing with many resources: <https://www.aota.org/Practice/Manage/Practitioner-Well-Being.aspx>

AOTA has at least 15 free webinars as of this writing. These are free even if one is not a member of AOTA. [Link to all of the webinars:](https://www.aota.org/Conference-Events/Coronavirus-COVID19.aspx?fbclid=IwAR15CBDEEmfeMWOogFOueuDp1jyY9aU8onmLwdZc2FzLLEIOwegUOYI)

<https://www.aota.org/Conference-Events/Coronavirus-COVID19.aspx?fbclid=IwAR15CBDEEmfeMWOogFOueuDp1jyY9aU8onmLwdZc2FzLLEIOwegUOYI>
[VU74](#)

#OTatHOME: This webinar contains an abundance of specific information on occupational health/disruption and wellness, there is a free download for a useful way to monitor your wellbeing or that of clients:

https://myaota.aota.org/shop_aota/product/OL8107?_ga=2.46093986.781617722.1590338370-1662392048.1520518392

Free class on Sustaining Therapist Wellbeing During COVID-19, filled with wonderful info and resources. You can take one free class on the sibling sites, please see which applies for your discipline!

Free from occupationaltherapy.com or physicaltherapy.com, you can take one free course if not already on this subscription site:

OCCUPATIONAL THERAPY:

Link to one free course for OTs/COTAs:

https://www.occupationaltherapy.com/free-course?promo=1FREECOURSE&utm_medium=cpc&matchtype=e&device=c&msclkid=40040715f8e11963d49059bd22c7f5ac&utm_source=bing&utm_medium=cpc&utm_campaign=OT%20Free%20Courses&utm_term=free%20occupational%20therapy%20continuing%20education&utm_content=FC%20-%20Continuing%20Education%20-%20E

https://www.occupationaltherapy.com/ot-ceus/course/sustaining-well-being-healthcare-workers-4715?utm_source=facebook&utm_medium=social_ot&utm_campaign=ot_fb_050520_covid19healthcareworkers

PHYSICAL THERAPY:

One free course for PTs/PTAs:

https://www.physicaltherapy.com/free-course?promo=1FREECOURSE&utm_medium=cpc&msclkid=36f3a10d1d821643b3a5ffade1b89522&utm_source=bing&utm_campaign=PT%20Free%20Courses&utm_term=%2Bphysical%20%2Btherapy%20%2Bceu%20%2Bfree&utm_content=FC%20-%20CEU%20-%20Therapy

<https://www.physicaltherapy.com/pt-ceus/course/sustaining-well-being-healthcare-workers-3733>

SPEECH LANGUAGE PATHOLOGY:

One free course for SLPs:

https://www.speechpathology.com/free-course?promo=1FREECOURSE&utm_medium=cpc&msclkid=cc5d46b70f4b1cab71da187da74d4610&utm_source=bing&utm_campaign=Free%20Course%20-%20SP&utm_term=%2Bfree%20%2Bceus%20%2Bfor%20%2Bspeech%20%2Bpathologists&utm_content=FC%20-%20Pathologist

<https://www.speechpathology.com/slp-ceus/course/sustaining-well-being-healthcare-workers-1033728>

Resources from FLORIDA: (while much of this applies specifically to Florida, there is a plethora of valuable information! Plus there is even a link to virtual rides at Disney World!)

https://wellness.med.ufl.edu/2020/04/01/resources-to-promote-well-being-during-covid-19-outbreak/?fbclid=IwAR0fH_qtZJcWhnKg8QZSU70cl0y1FH9gEVZu2JH-7-K5hsVvhu6Y7anbl9A

Resources from MASSACHUSETTS:

<https://www.mass.gov/resource/maintaining-emotional-health-well-being-during-the-covid-19-outbreak>

NAMI (National Alliance of Mental Illness): link to an abundance of useful resources in English/Spanish
<https://nami.org/Support-Education/NAMI-HelpLine/COVID-19-Information-and-Resources>

Self Care for Healthcare Workers: facebook group to encourage self care strategies
<https://www.facebook.com/groups/213616266409958/?fref=nf>

FREE APPS & Helpful Meditations:

Headspace (meditation, sleep): free during 2020 for healthcare providers with NPI Number:
<https://help.headspace.com/hc/en-us/articles/360045161413-Headspace-for-Healthcare-Professionals>

Ten Percent Happier (mediation, sleep): Free for Healthcare workers, teachers, front linge
warehouse/store employees

Article about it:

<https://1010wins.radio.com/articles/feature-article/10-percent-happier-app-free-to-healthcare-workers>

Link to join: <https://www.tenpercent.com/care>

Provider Resilience: initially created for the military, has info/self checks on resilience, burnout,
compassion satisfaction, secondary traumatic stress. Find this in your APP store!

Self-Compassion with KRISTEN NEFF: Compassion With Equanimity Practice for Caregivers:

https://www.youtube.com/watch?v=EHvX7_ib-F0&feature=youtu.be&fbclid=IwAR2uLWJMuIGGGrpdRyrKbPDP5Q17k15GSMZkuhKZTvGfKOOSJ-jaI7ZrxHU

Thank you to all those who have shared info, resources to help make this list possible. List compiled by
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