



## Well-Being Resources for Hospital Workers

It is natural to feel afraid and overwhelmed as we navigate these uncharted waters of life during a pandemic. Maintaining mobility in our bodies and a sense of connection to self and others will help us to process fear, rather than be taken over by it. As we overextend ourselves during this time to support our patients, we must make the most of every available moment for rest and nourishment.

Print out our **"Quick practice pocket skills"** to keep with you. Try to begin and end your shift with at least five of these quick skills. Sprinkle them throughout your shift by practicing hourly with a coworker or friend, even if only for a few seconds.

We hope this quick guide and resource page will serve as a reminder that there are people out there who care deeply about your wellbeing.

THANK YOU for all you are doing for yourself and others.





# Quick practice pocket skills

## Deep Breathing

Put one hand on your chest and one on your belly, take 5 deep, slow breaths in through your nose and out through your mouth.

## Fear Flap

Standing, slowly inhale as you arch your arms up above your head and exhale as you lower them, gently flapping your arms like a bird. Take 5 breaths this way.

## Comfort Cap

Interlace your fingers and place them on top of your head. As you inhale, push through your legs, if sitting push through your seat, to press your head into your hands and feel your spine lengthen. Take 3-5 deep breaths.

## Armpit Hug

Take your right hand and put it under your left armpit. Wrap your left arm across yourself so that your left hand is holding your right deltoid. Give yourself little squeezes as you breathe, notice your heartbeat, consider swaying if that feels good.

## Joint Rolls

Starting with your ankles, roll each of your major joints one by one in gentle circles. Five circles in each direction per joint.

## Follow the Leader

With a friend or loved one, one person will be the leader and will move around however they wish while the other mimics their movements. Switch roles.

## Soften

Look at something beautiful or imagine it in your mind. Intentionally soften the muscles around your eyes. Intentionally soften your jaw. Let your tongue rest in your mouth. Take three breaths.

## Heart-Centered Breathing

Imagine you are breathing from your heart. As you inhale, say "I welcome calm into my cells" and as you exhale, say "I release what doesn't serve me". Then in your mind, send these or other well wishes to those you know. Then imagine sending well wishes to the entire world.

# Basic Wellness Guidelines During Crisis

The four pillars of a stable mood are nutrition, connection, movement, and rest. We can easily let go of our healthy routines and boundaries when dealing with crises. Please do all you can to maintain and bolster your four pillars. Ask your colleagues and leaders for support in doing this.



## Nutrition

- Continue to eat well-balanced meals and snacks at consistent times each day.
- Try to have each of your meals and snacks contain several colors of the rainbow.
- Sometimes our appetite changes when we are distressed or we may just not have time to eat normally.
- Try to withhold judgment if you notice you are eating more or less than usual.
- It can be helpful to keep a supply of nutritious snacks with you at all times so you can meet your hunger cues the best you can whenever they arise.



## Movement

- Try your best to move for pleasure some each day.
- Make a point to roll your joints and stretch regularly. It's ok if you only have a moment to do this. Gentle movement helps the body digest tough emotions.
- Take advantage of the free exercise resources available right now through Duke and the community. Many fitness studios are offering free classes for health workers at this time.
- Go for a walk each day, even if only for 5 minutes. Try to notice something beautiful on your stroll.



## Connection

- Connect daily with someone or something you love. This could be a person, pets or nature. Hug a tree. Play with a pet. Video chat old and new friends.
- Get creative! Do what makes you feel connected to your best self, such as reading, art, dancing, or listening to music.
- Make a point to learn about community support action happening in your neighborhood or city. Anything that reminds you we are in this together.



## Sleep & Rest

- Limit the amount of screen time and news you take in each day!
- Turn off all backlit screens, social media, and news sources at least one hour before bedtime
- Instead, read a book, listen to music, have some calming tea or take a bath before bed

## Grounding Videos and Classes

- [Duke Student Affairs Yoga Mondays 4:00-4:50 pm](#)
- [Mindfulness Meditation from Duke Gardens](#)
- [Duke's Resilience Course](#)
- [Duke's Managing Stress Course](#)
- Tara Brach's ["Pandemic Care Resources"](#)

## Written Guides and Articles

- [Duke End of Shift check-out questionnaire](#)
- [Self-care After a Stressful Event](#) by Duke Personal Assistance Service
- ["A Brain Hack to Break the Corona Virus Anxiety Cycle"](#) NYTimes
- [Mental Health Considerations](#) from WHO
- ["Turning Cabin Fever into Relationship Wins"](#) by Carolyn Sharp

# Additional Concerns and Resources

## Those with Complex PTSD

It is normal for current traumatic events to “trigger” past traumas as well.  
“Still Scared After All These Years” from ComplexTrauma

## Those with Children

“Helping Children Cope With Changes Resulting From COVID-1” by the NASP  
“Talking with children about Coronavirus Disease 2019” by the CDC  
“How to Talk to Kids about Coronavirus” from PBS

## Those Experiencing Domestic Violence during Quarantine

Durham Crisis Response Center

## Duke Health & Well-Being Social Media Channels

Duke Diet & Fitness Center

 Facebook @dukedietercenter

 Instagram dukedieterfitness

 YouTube Duke Diet & Fitness

Duke Health & Fitness Center

 Facebook @dukehealthandfitness

 YouTube Duke Health and Fitness Center

Duke Integrative Medicine

 Facebook @DukeIntegrativeMedicine

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