COVID-19 Well-being Resources

The following is a list of resources to support the U of U Health community in response to COVID-19.

Check-in with yourself:

1. **Are you meeting your basic needs?**
   Eat as healthy as you can, drink water, get enough sleep, move regularly, keep a daily routine (as well as you are able).

2. **Are you taking breaks?**
   Even taking a 10-minute walk, watching a funny video, or eating with loved ones can help you decompress.

3. **Are you able to recognize the good?**
   Practice 3 good things, moment of awe, and mindfulness.

4. **Are you staying connected?**
   Small, positive actions to keep and maintain connections help. Check in with friends, colleagues, and neighbors.

5. **Do you know it’s okay to ask for help?**
   Talking with a trained expert can be a great way to reset, learn a new coping strategy, and get support. And we’re here (look to the right).

Check-in with your team:

1. **Do you have a daily huddle?**
   A quick check with co-workers to make sure people are doing OK and have what they need.

2. **Do you use the buddy system?**
   You may want to check in with one-on-ones.

3. **Do you validate each other’s emotions?**
   Validate and acknowledge emotions when people express them. Crisis brings out the best and worst in us. Everyone is struggling.

4. **Do you recognizing concerning symptoms?**
   Anger, poor self-care, and increased substance use are some things to look for. Use the resources on the right, or the national Substance Abuse and Mental Health Services Administration hotline:

   **Disaster Distress Hotline:** 1-800-985-5990  
   **Text:** TalkWithUs to 66746

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**Well-being Quick Contacts:**

For Health Sciences general support questions:

- **Resiliency Center**
  Phone: 801-213-3403  
  Email: resiliencycenter@hsc.utah.edu

For employee counseling services:

- **Employee Assistance Program**
  (EAP, Blomquist Hale)
  Phone: 801-587-9319  
  Email: kendrick@blomquisthale.com

For student questions:

- **Counseling Center**
  Phone: 801-581-6826  
  Website: [https://counselingcenter.utah.edu/](https://counselingcenter.utah.edu/)

For employee illness, testing and questions about returning to work:

- **COVID-19 Hotline**
  Phone: 801-587-0712

- **Virtual Urgent Care**
  Phone: 801-213-8669

- **Red Med**
  Phone: 801-213-3303

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**Join a FREE online Mindfulness Break**

Mindfulness practice connects us with our human capacity to have a clear, peaceful mind and an open, compassionate heart.

Mindfulness Breaks: a time to breathe and check-in with yourself. There will be guided practices to cultivate awareness & intention followed by brief group reflection.

We practice more easily when we are supported by community, even a virtual one.

- **Monday** 8:00 a.m. – 8:30 a.m.  
- **Wednesday** 1:00 p.m. – 1:30 p.m.

Access Mindfulness Break sessions here:

- Join Zoom Meeting URL: [https://zoom.us/j/6894894019](https://zoom.us/j/6894894019)  
  - Meeting ID: 689 489 4019

**ZOOM ETIQUETTE:** Please find a quiet place without interruption to join. Please arrive on time and stay for the entire session.