

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



Need to talk to someone?

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/>

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

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>

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.