



Health Workers

Maintaining Good Mental and Physical Health during COVID-19

Stay Connected, Healthy and Happy!

Despite recommendations for “social distancing,” what experts are really encouraging is minimizing close physical contact and proximity to one another to minimize spread of the coronavirus. However, it is more important than ever to stay *socially connected!*

Now is the time to create healthy habits, seek opportunities that bring you joy and share it with others. By creating healthy habits and finding joy in our daily lives we can share our light and positivity with our community to help lessen fears, anxiety and distress.

In the words of fellow Texan, Brené Brown, “Compassion is not a virtue, it is a commitment. It’s not something we have or don’t have, it’s something we choose to practice.”

There are so many resources available to the public to help us maintain social connectedness, embrace a healthy lifestyle and remain happy during this time. We invite you to explore various types of activities, information and technology that can help with each of these areas.

If you need additional information or assistance please contact the **UT School of Nursing AMEN** phone: **512- 471-9913**.

Health Workers Stay Informed:

As new information becomes available weekly it is important to check [CDC Coronavirus Updates](#), [National Institute of Health Coronavirus COVID-19](#), [COVID-19 Community Information and Resources](#). Stay informed through reliable sources on COVID-19, but avoid excessive exposure to media coverage on COVID-19.

Local Organizations:

[Dell Medical School Coping Resources - Social Work](#) – List of local and national resources created by Dell Medical School Social Work Department. The department has organized a resource toolkit to help manage anxiety and provide self-care information.

[Integral Care Emergency Services](#) - Integral Care is open and providing services, following CDC and APH guidelines. For urgent Adult and Children Emergency Mental Health Services: **Call 512-472-4357 before you arrive so they may complete a brief health screening.**

[CommUnityCare](#) For individuals without insurance and experiencing symptoms, **contact at 512-978-9015.**

[Central Health](#) - If you have symptoms of coronavirus (COVID-19) and do not have insurance or a doctor, call the COVID-19 Hotline at **512-978-8775.**

Social Connectedness:

Stay connected with faculty, peers, friends and family using video and voice apps. Video can be a helpful way to create a more connected and engaging conversation, like you would in person. Here are various apps for different devices and technologies to keep you connected:

[Zoom](#): Stay connected with *church leadership, church health workers, church members, family, and friends* using Zoom. Zoom is a remote conferencing service that combines video conferencing, online meetings, chat, and mobile collaboration.

[Skype](#) – Skype offers voice and video calling and allows sharing files and sending messages between devices using Skype.

[Facebook Messenger](#) – Learn how to make video calls on the go.

[Google Hangouts](#) – Google Hangouts provides audio and video calls, text messaging, file sharing and real-time video streaming.

[Apple Facetime](#) – Facetime is a free video call app for all iOS users (iPhone and iPad users).

[Line](#) – Line is a chat app and also offers face-to-face video calls.

[Viber](#) – Viber offers free and secure calls to anyone, anywhere.

[Whats App](#) – Whats app provides simple, secure reliable messaging.

Connecting with interest groups:

Various organizations and interest groups are available online. You can access church sermons, cooking classes, a book club, online board games and more. Here are a few suggestions below:

Churches:

[Mt. Zion Baptist Church](#)
[Rehoboth Church](#)
[First United Methodist Church](#)
[University Christian Church](#)
[University Baptist Church](#)
[Austin Ridge Bible Church](#)
[The Austin Stone](#)
[Gateway Church](#)
[Celebration Church](#)
[Riverbend Church](#)

Cooking Classes/Recipes:

[Free Cooking Classes Available Through April 30th, 2020](#)
[Jessica in the Kitchen](#)
[Darius Cooks](#)
[Delicious Wholesome Healthy Recipes](#)
[HealthNut Nutrition](#)

Book Clubs to Join:

[Reese Witherspoon's Book Club](#)
[Oprah's Book Club](#)
[Jenna Bush Hager Book Club on the Today Show](#)
[Andrew Luck on Instagram](#)
[Goodreads Book Clubs](#)

Play Board Games Online with Friends

[Settlers of Catan](#)
[Monopoly Online](#)
[Words with Friends](#)

Healthy Lifestyle:

If you are looking to get started or maintain a healthy lifestyle, using on-demand or live videos can help to motivate and encourage new healthy habits. Here are some ways to access free videos to help get you started:

[YouTube Videos](#) – YouTube videos are free and if you search “workout” you will find hundreds of free 10-minute to 60-minute workouts. The workouts range from HITT, Yoga, Body Weight, Pilates, Dance and more. You can also search “healthy eating” and watch cooking demos, meal prep and get ideas for various nutritional meals of different cultures.

[Facebook Live](#) – There are many free workouts that are streamed live or videos from previous events that are still accessible. You can do a search for “live workouts”, search for a

type of workout (e.g. yoga workout) or go to your events tab and search for “workouts”. There are many workout events taking place now. You may even consider joining a Facebook workout group to become part of a community and get help with staying accountable.

Instagram – Instagram is a great option for a quick 10-15 minute at home workout. Instagram has trainers, coaches and experts sharing videos of quick workouts that can be done at home without equipment. You can download the app on your phone and search for workouts that fit your needs whether it’s stretching, high impact or low impact.

Access to free online workouts and healthy snacks:

[YMCA 360](#)

[24 Hour Fitness](#)

[Team Body Project - Low Impact](#)

[High Intensity Interval Training HIIT Programs for All Levels](#)

[Deeply Rooted - Wellness and Yoga](#)

[Yoga with Adriene](#)

[Healthy Eating Hacks/Tips](#)

[Clean and Delicious – Healthy Eating Made Easy](#)

Additionally:

- Take a walk while maintaining 6 feet from others. Regular sun exposure is the most natural way to get enough vitamin D and help to reset your mood.
- Use a FREE app to remind you to get up and move throughout the day.
 - [FITON](#) (Google Play) [FITON](#) (Apple)
 - [Johnson & Johnson 7-minute Workout](#)
 - [Nike Training Club](#)
 - [Simply Yoga](#) (Google Play) [Simply Yoga](#) (Apple)
 - [Daily Yoga](#)
- Drink water to stay hydrated
- Use meditation or calming apps to reset your mind.
- Do laundry or spring cleaning.
- Make lunch or dinner using a new recipe.
- Make playlists of your favorite songs.
- Take up journaling or start a new bullet journal.
- Research something you've always wanted to.
- Declutter and clear off your phone and laptop.
- Inspire yourself with ted-talk videos.

Happiness:

Happiness means something different for everyone. It's important to identify what sparks joy in you. Is it a book, a television show, a comedy, a pet, talking with a loved one, cooking or scrolling through Instagram? Find out what brings you joy and incorporate 30-60 minutes into

your daily routine. Here are some inspiring motivational speakers who have overcome hardship and want to share their life lessons to leading a more joyful and happy life.

[Oprah Super Soul Conversations](#)

[Ted Talks - Happiness](#)

[Tony Robbins](#)

[Brene Brown](#)

[Les Brown](#)

[Simon Sinek](#)

[David Goggins](#)

Don't forget to take breaks to unwind. Now is the time to honor your needs and practice self-care. Here are some tips to maintain a healthy, peaceful or cheerful mind.

Deep breathing exercises

Yoga and stretching

Meditation

Uplifting music

[Pharrell Williams - Happy](#)

[Justin Timberlake - Can't Stop The Feeling!](#)

[Katrina and the Waves - I'm Walking On Sunshine](#)

[Uptown Funk Mark Ronson Featuring Bruno Mars](#)

[Black Eyed Peas - I Gotta Feeling](#)

- **Self-care Apps for Your Phone or iPad**

- [Headspace: Mindfulness for Your Everyday Life](#)
- [Calm: Find Your Calm – Sleep More. Stress Less. Live Better](#)
- [Simple Habit: 5 Min Meditation](#)
- [Stop, Breathe & Think: 5 Mins to Peace](#)
- [Shine: Calm Anxiety and Stress](#)