

# COPING RESOURCES DURING CORONAVIRUS DAYS

## Office of Physician Vitality

We have moved online to virtual Zoom-based sessions, spiritual support, and crisis management.

- Barbara Hernandez
  - Cell: 909-801-4851, available 24/7. Will call back if in session with someone else and a message is left.
  - Online self-scheduling: [www.calendly.com/bhernandez2](http://www.calendly.com/bhernandez2)
  - Page: 3334, [bhernandez@my2way.com](mailto:bhernandez@my2way.com), available 24/7.
- Jessica ChenFeng
  - Online self-scheduling: [www.calendly.com/jchenfeng](http://www.calendly.com/jchenfeng)
  - Pager: 6146, [jchenfeng@my2way.com](mailto:jchenfeng@my2way.com)



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*Office of Physician Vitality*

## Online Resources (click arrow for hyperlink)

- • CDC site for self-care
- • Facebook group: COVID19 for Healthcare Professionals
- • Talking to Children about the Coronavirus
- • COVI# Book: Supporting and Reassuring Children Around the World: (downloadable pdf book in numerous languages)
- • Tips to Support Mental Health Amid Concerns about the COVID-19 Pandemic (American Association of Marriage and Family Therapy Blog)
- • Couples and COVID19: by Michele Weiner-Davis, a nationally renowned marital therapist
- • Tips from the American Psychological Association
- • International SOS website has good suggestions
- • The Ultimate Guide to Hanging Out Virtually With Your Friends (Los Angeles Times). This offers some great ideas for things to do with friends via video chats: dinner parties, game nights, karaoke, etc.
- • Building Brain Resilience/Self-Havening for Mental Health, Dr. Kate Truitt, neuropsychologist and trauma specialist modeling intervention for reducing anxiety and increasing calm (5:25 minutes)

### Online Talk/Text lines: (some charge fee for services)

- TalkSpace, donating free therapy to medical workers fighting COVID19
- BetterHelp
- Wysa
- Crisis Text Line

### Utilize Spiritual Resources

- LLUH Chaplain Department: (877) 558-6248
- Prayers in Times of Natural Disasters
- Mi Sheberach (Jewish prayer of healing)
- Jessica ChenFeng or Barbara Hernandez will also pray with anyone who requests it

### Consider using a meditation/mindfulness app:

- **HeadSpace** is free to AMA members (see the AMA site)
- **Abide** is a Christian app for Bible meditation
- **Soultime** is another Christian meditation app
- **Pray** offers daily prayer and Bible audio resources
- **Calm** is Apple's 2017 App of the Year; helps promote relaxation and sleep
- **Reimagining the Examen** app: Catholic reflections on St. Ignatius' prayer
- **Laudate**, Catholic app with a variety of prayers and mass offered
- Jon Kabat-Zinn's three meditation apps. Jon is the mindfulness scientist at Harvard who has demonstrated the value of meditation for physicians:
- **Three Good Things** gratitude app

(click bulletpoint for hyperlink)



## Ideas for Staying Well



- Watch comforting movies
- Restrict news viewing (ie., get a break from the coronavirus)
- Walk outside if possible, while practicing social distancing



- Connect with nature as much as possible, since this is a calming activity
- Video- or phone chats with family members and friends



- Take an online course
- Make virtual visits: state parks, famous museums, attractions



- Watch a virtual religious service
- Read aloud to one another in the evenings at home, listen to audiobooks
- Cook and eat a nourishing meal
- Take up crocheting, gardening, knitting, woodworking, or other DIY projects



- Meditate or pray daily for at least 10 minutes (see, *How God Changes Your Brain*, by Andrew Newberg).
- Play with and cuddle your pet(s)
- Clean cupboards, closets, garage



- Consider practicing havening throughout the day (see video above)
- Paint, draw, or sculpt your experience or emotions
- Keep a journal
- Consider keeping a gratitude journal
- Write poetry
- Memorize scripture, holy writings, or uplifting poetry