

NASW:

- [Making time for self-reflection.](#)
- Staying actively connected with our friends, family, colleagues and support systems.
- Creating more opportunities for discussion and support among ourselves.
- Finding ways to stay engaged in social action and social justice work.
- [Avoiding burnout and overwork.](#)
- Making time for rest and relaxation, which are essential for mental and physical health.

Free Self-Care Activities

- [Yoga Practice](#)
- [Fitness Workouts](#)
- [Insight Timer meditation app](#)
- [Stay Home, Take Care](#)
- [Quarantine Chat](#)
- [NPR Tiny Desk concert series](#)
- [Monterey Bay Aquarium Live Cam](#)
- [Nightly Livestreams from the Metropolitan Opera](#)

Podcast Episodes

- [Self-Care for Social Workers During the Coronavirus Pandemic](#)
- [Self-Care and Avoiding Burnout](#)
- [Faith-Based and Secular Meditation](#)

Headspace App- free for providers with a PHI:

<https://www.headspace.com/health-covid-19>

Here's how you can access Headspace Plus

For healthcare professionals who have a personal NPI:

Select the state where your NPI is registered from the dropdown menu below.

1. Enter your first and last name as it was registered. This may be the name you used before getting married.
2. Enter your individual NPI. This should be your personal ID, not from a hospital or healthcare system.

3. Look out for a verification email from Headspace and follow the instructions provided.

If you are a nurse without an NPI, please fill out [this form](#) and upload documentation when prompted.

Talkspace

https://www.youtube.com/watch?v=9eczgT38LM4&feature=youtu.be&fbclid=IwAR26Ic3c45kaMQJHvPcRWI3-FCHDqgJPYgXx_6Cvw9p3N4YIM8w64epqts4

Houseparty

http://www.wisdom2conference.com/live?fbclid=IwAR2sM8kl_1CQTrY0rTZefDkWEv3c3x6YWB OriNKdE-0d_y9OZ78ModGujh4

Online cards against humanities games

https://www.rickhanson.net/loving-knowing-and-growing-free-online-program/?fbclid=IwAR3xEh UtgUE0ql0SAjVcw4J8TVXc2xdH5agv9vTTurNuhF7L24UI_7oCAkw

<https://www.rickhanson.net/teaching/wednesday-meditations-with-dr-rick-hanson/?fbclid=IwAR3XyCYbzT-sMGU7z107XYSM2WyFEtremmiL7WKRK6vSAwh0F2n3ubrZb9M>

Actions (Red Cross Mental Health First Aid (Supporting Yourself and Others During COVID-19))

- Take care of yourself. Maintain your physical, mental and emotional health by eating well-balanced meals, getting enough sleep and rest, doing things that bring you joy and staying connected to family and friends.
- Connect with others. Let the person know you are concerned about them and how you may be able to help (for example, by listening, providing reassurance or connecting them with others).
- Help the person be and feel safe. Connect the person to resources. While not giving a false sense of security, help the person stay grounded in reality.
- Be kind, calm and compassionate in your words and actions.
- Meet basic needs, such as for shelter, food and sleep.
- Listen.
- Give realistic reassurance. Provide and seek information, but do not make unrealistic promises.
- Encourage good coping.

- Help the person connect with their usual support systems (family and friends).
- Give accurate and timely information.
- Recognize when professional help is needed.

<https://acswa.org/wp-content/uploads/Sustaining-the-Wellbeing-of-Healthcare-Personnel-during-Coronavirus.pdf>