



Support Resources *Here For Our Members Here For You!*



The WellFirst Health (WFH) Health Promotion team would like to offer resources to support you during these stressful times. To start, we have compiled an assortment of resources across the 8 dimensions of wellness contained in this document. In addition, please know that (WFH) offers the Living Healthy Program with many resources available [at this link](#) including Tobacco Cessation, Partner Perks, etc.

The 8 Dimensions of Wellness:

Well-being is more than physical and nutritional health; it encompasses emotional, environmental, social, spiritual, personal & professional, nutritional, financial and physical wellness. Especially now, you may need support in areas that you normally would not. For example, you (or others in your household) may be struggling with the limited social connection typically experienced through work or school.

Where to start:

Page 2 provides an outline of information included in this document. Click on the dimension of interest and it will take you to a full page of resources for that dimension. Examples of what you will find on the resources pages are listed in the columns titled “examples.”

In addition to this document, the following are options for community or local resources: [HHS.gov](https://www.hhs.gov), [211.org](https://www.211.org), local churches, community centers, Aging & Disability Resources, and local human services.

WebMD Daily Text Updates:

During this public health crisis, it's important to have current and accurate information on COVID-19. WellFirst Health is pleased to offer our members access to daily texts from WebMD. Participants will receive up to 3 messages throughout their day with information and guidance directly from the CDC. Individuals can unsubscribe at any time from this free service. Use a computer to [sign up to receive daily COVID-19 texts](#)

DIMENSION (click the dimension for more activities & resources)	DEFINITION OF THE DIMENSION	EXAMPLES OF ACTIVITIES & TIPS	EXAMPLES OF LINKS & RESOURCES
<u>Emotional</u>	Coping effectively with life while building satisfying relationships	Write down or share 3 positive things each day	<u>Coping with Coronavirus Anxiety</u>
<u>Environmental</u>	Spending time in a pleasant, stimulating environment which supports a healthy lifestyle	Take a moment to notice something outside. Note the colors, movements and sounds	<u>Visit the National Parks Virtually</u>
<u>Social</u>	Hosting a sense of connection and belonging while having a well-developed support system	Call one friend or family member each day; video call when you can	<u>Burnout & Loneliness: What You Need to Know</u>
<u>Spiritual</u>	Owning a sense of purpose and meaning in your life	Think about the most positive interaction you have had with a patient or customer; reflect on the reason you continue in your role	<u>Why some of us don't have one true calling: Ted Talk</u>
<u>Personal & Professional</u>	Emphasizing the need for personal satisfaction, enrichment and growth through career and individual lifestyle choices	1 st Page: Thank a co-worker for a job well done	<u>Resources for Kids & Families</u>
		2 nd Page: Kids Resources & Activities	
<u>Nutritional</u>	Recognizing the value of a well-balanced diet	Create a meal plan for the next 3 days	<u>Visit the Zipongo-FoodSmart Platform</u>
<u>Financial</u>	Being satisfied with your current situation and future financial plans	Build a budget of all your known expenses	<u>Personal Finance 101</u>
<u>Physical</u>	Being physically active, sleeping well and engaging in self-care	Stretch! Often! And pay attention to your posture	<u>Stretches for those on their feet all day</u>

Emotional Resources

Coping effectively with life while building satisfying relationships

Tips & Activities

- Make sure to do something you enjoy each day; hug your animals, listen to your favorite song, look at flowers, etc.
- Take deep breathes & stretch regularly
- Pace yourself and give yourself a break
- Prepare for each day and stick to your routine
- Stay positive and take time to appreciate what's going well each day, even if it is something small; focus on finding at least 1 win a day
- Take a few minutes to write down at least 3 things you are thankful for today
- Some journal prompts:
 - What are my priorities right now?
 - What am I grateful for in this moment?
 - What actions can I take to simplify my life?
- Call our EAP Program for assistance if needed (it is free & confidential): 800-356-0845



Links & Articles

- www.nami.org: NAMI hosts online communities where people exchange support and encouragement.
- www.emotionsanonymous.org: An international fellowship of people who desire to have a better sense of emotional well-being. EA members have in-person and online weekly meetings available in more than 30 countries with 600 active groups worldwide.
- www.supportgroupscentral.com: Offers virtual support groups on numerous emotional conditions - free or low-cost. The website is also offered in Spanish.
- Several [mindfulness and meditation apps](#) to add into your daily routine
- <https://support.therapytribe.com/>: Free, online peer support groups offering members facing a variety of challenges and/or difficult times a safe place to connect.
- www.18percent.org: Offers a free, peer-to-peer online support community for those struggling with a wide range of emotional issues.

Environmental Resources

Spending time in pleasant, stimulating environments which support a healthy lifestyle for you and the environment



Tips & Activities for Front Line Teams

- Post a sticky note with a funny joke, a thank you or similar to help your team smile between running around
- Stretch your whole body doing shoulder rolls, hamstring stretches, calf raises to keep your muscles from getting tight
- Before starting or after ending your shift, take a few minutes to sit quietly in your car to process the day's activities
- Ask for help, at work or for life at home, people are looking for ways to volunteer/assist

Tips & Activities While Working at Home

- Communication is key – know exactly what's expected of you, talk with your boss regularly
- Remember this is a real job – create a dedicated workspace, stick to a schedule, dress appropriately, hold yourself accountable with goals and to do tasks
- Create clear boundaries, ex.: When the door is shut, do not disturb unless urgent
- Avoid feeling isolated - encourage virtual social hours and face-to-face meetings, celebrate birthdays and team wins, share funny stories of what's happening at home, etc.
- Monitor your health - make sure to stay active, drink plenty of water, make healthy choices and give yourself grace with all the changes happening

Links & Articles:

- [Working at home with your kids during the COVID-19 outbreak can be a challenge](#). Learn how to make the best out of working from home while children are away from school
- [Coursera Environmental Courses](#): Looking to further your education, look at these online degrees and Certificates on Coursera. Many are free!
- [AllTrails.com](#): Learn about thousands of trails, maps and resources near you
- <https://dug.org/horticulture/>: Learn more about different types of gardening

Social Resources

Hosting a sense of connection and belonging while having a well-developed support system

Tips & Activities:

- Talk to one friend or family member each day
- Send someone you love a handwritten letter or write letters to nursing home residents since they can't have visitors right now
- Strengthen relationships with those you're at home with
 - Choose puzzles and games instead of watching television
 - Have a conversation while deep cleaning and organizing rooms in your home
- Have a virtual watch party (using Netflix Party), book club, or social hour
- Stream a class for hobbies, cooking, and/or exercise
- Attend concerts and parties online – many entertainers are offering livestreaming
- Connect online to play games with friends
- Be active in an online community
 - Don't just scroll through the content. Comment and engage/connect with other members, unless it turns to an unproductive conversation.
- Check in with your team members on a regular basis
- Coordinate a neighborhood scavenger hunt through social media or the Nextdoor app
 - Choose an item for neighbors to put in their windows, then go for a walk and have the kids find the item (Ex. Stuffed bears and go on a "bear hunt"). Select a new item weekly
- Provide opportunities for employees to connect on projects and through work-approved social media such as Skype, Zoom, or calls.
 - If appropriate, allow team members to introduce their pets or family members to break up a meeting or allow for team bonding



Links & Articles:

- [Socializing during a Quarantine](#)
- [How to Gather With Friends While Social Distancing](#)
- [12 Apps That Help You Stay Connected](#)
- [Let's Aim for Physical Rather Than Social Distancing](#)
- [Social Wellness Toolkit](#)
- [Webinar: How to Reduce Workplace Isolation & Loneliness](#)

Spiritual Resources

Owning a sense of purpose and meaning in your life



Tips & Activities:

- Check out church's websites; many are providing live online or pre-recorded services
- Write down or share three or four things you are thankful for each day with your housemates
- Visit your local library's website to see what resources & online events they are offering
- Play a musical instrument, go online and play with your friends
- Watch a local artist live stream concert
- Set aside time to meditate or pray
- Join or start a bible or religious study that you can host online or over the phone
- Spend time outside in nature
- Spa Day – use the beauty essentials from around your house and make it a spa day!

Links & Articles:

- Check out the following Virtual Museum Tours:
 - [Smithsonian Museum of Natural History](#)
 - [Guggenheim Museum](#)
 - [Assorted International Museums Provided by Google Arts & Culture](#)
- Try podcasts: <https://compassroseconsulting.com/top-6-podcasts-finding-your-purpose/>
- <https://www.calm.com/> Features guidance in sleep, relaxation and meditation
- Read More: check out resources such as: [BookRiot](#), [MobileRoadie: Best Book Apps](#) or your local libraries website, which will often provide books and other media resources you can enjoy for free
- Learn more about different methods for Spirituality: Free online course that cover topics like; The Science of Well-being, and A voice of their own: Women's Spirituality in the Middle Ages: <https://www.coursera.org/search?query=spirituality>
- Four Minute Experiment: <https://www.youtube.com/watch?v=ypLjsxHVEIQ> a powerful 4 minutes of trying to get a better understanding of others
- [Why some of us don't have one true calling](#): Ted Talk; If you want to do one thing the rest of your life, you're not alone

Personal & Professional Resources

Emphasizing the need for personal satisfaction, enrichment and growth through career and individual lifestyle choices



Tips & Activities:

- Develop a consistent routine for the morning, workday, and bedtime
 - Morning – wake up the same time each day. Build in 5-10 minutes to just relax and think about the day. Try stretching, yoga or completing a mindful practice
 - Workday – Schedule the three most important tasks to complete during your day. Schedule short bursts of time away from your desk. Stretch, drink water, take 15 minutes to read for pleasure or listen to your favorite music or podcast
 - Bedtime – prepare for the next day by picking out clothes, set up coffee/tea, prepare breakfast/lunch, etc. Journal the random thoughts or unresolved issues of the day and then write down three good things about the day. Relax with your favorite activity
- Try selecting a word of the year (or month or week) – Choose a word that you will focus on for a designated time period. Check out this link for word inspiration: <https://thegoalchaser.com/word-of-the-year/>
- Journal or start your own blog to share with friends on social media, write about your experiences during this time. It will be interesting to look back on what you have learned
- Hobbies! What is something you could pick back up that doesn't involve a screen? <https://www.mantelligence.com/list-of-hobbies/>
- [Join a virtual/online book club](#)
- Spend 5-10 minutes a day tackling a home project or cleaning the house

Links & Articles:

- Check out these sites to take free college courses through: [Take 500 Free Ivy League courses](#) & <https://www.coursera.org/>
- [Overdrive](#): This app links to thousands of eBooks and audiobooks at your local library
- [Bookmeet](#): connects you to online book clubs based on your interests

Personal & Professional Resources

Resources for kids of all ages at home



Tips & Activities:

- Create a neighborhood scavenger hunt; put up shamrocks in windows and go for a walk to have the kids find the shamrocks. Use social media like NextDoor App to coordinate
- Check out Zoo's websites & social media feeds as many are offering live streaming and educational talks ([i.e. the San Diego Zoo](#))
- Have the kids help plan out their day and the weekly activities; encourage them to take ownership and help around the house such as assisting with cooking, learning to meal plan or completing house projects
- Write letters to grandparents or nursing home residents who are unable to see family at this time
- [Question of the day](#) – encourage each family member to come up with a question of the day and use a mealtime to discuss and answer the question
- [Create a family mission statement that highlights your family values](#)
- How well do you know me? [Come up with a family list of questions and see how many you can get right for each family member](#)

Links & Resources:

- [Scholastic offering free classes at home to keep kids busy](#)
- [Click here for information on podcasts for kids](#)
- [Click here for podcasts for teens/tweens](#)
- [Visit Disney Virtually!](#)
- [60 Ways to keep kids engaged during social distancing](#)
- [25 Books to help your kids overcome fear, anxiety and worry](#)
- [Free audio books for all ages of kids during social distancing](#)
- [Free learning resources for ages 4-18, including daily schedules](#)
- [100 activities to do at home during school closures](#)
- [Virtual Field Trips](#)
- [Entire list education companies offering free subscriptions due to school closings](#)

Nutritional Resources

Recognizing the value of a well-balanced diet

Tips & Activities

- Create a meal schedule - each day set time frames for when you're going to have meals and snacks to avoid impulse eating
- Have kids at home? Have them stick to their school schedule to limit snacking
- Stay hydrated – you may think you're hungry when you are actually dehydrated so keep a large water bottle next to you; remember you are more likely to drink it when it's in sight
- Track what you're eating to become more aware, try apps like [MyFitnessPal](#) app for free
- Try a flavored protein powder to make shakes and smoothies. You can add fruits and vegetables to pack in more nutrients [Plant Based Protein Powder](#).



Links & Articles

- [How to eat well when working remote](#)
- [Quick & Healthy Meals provided by the AHA](#)
- Focus on Healthy Snacks - [Women's Health Magazine](#)
- Meal planning helps you stick to a budget and a schedule, try one of these 3 sites: [Eating Well](#), [Tastes Better from Scratch](#), or [The Beginners guide to Meal Planning](#)
- Encourage kids to help out in the kitchen using these sites for ideas and classes: [Kids in the Kitchen \(TV show\)](#) or [Explore Recipes](#)

Zipongo-FoodSmart Platform

WellFirst Health has partnered with Zipongo® to offer members a FREE program that makes it easier to get healthy food on the table. With Zipongo®, you can benefit from online grocery ordering, immunity boosting recipes, meal planning for the whole family, personalized nutrition tips and more to help you navigate through this turbulent time. Build your very own digital cookbook from over 1 million recipes including 15-minute meals, budget-friendly fare and low-calorie dishes to help you stay healthy.

Whether you are focused on avoiding infection, managing unexpected financial hardship, navigating drastic changes in your day-to-day or, most likely, all of the above WellFirst Health is here to help. Simply go to wellfirstbenefits.com/zipongo to learn more and sign up for free. Or you can also download the app from the **Apple** [App Store](#) or [Google Play](#).

Financial Resources

Being satisfied with your current situation and future financial plans



Tips & Activities:

- Identify different ways to save money (i.e. using coupons, identifying unused memberships, focus on home improvements)
- Challenge yourself to put a set dollar amount in your bank account each week; set up an automatic transfers to not forget
- Create plans and stick to them, identify if purchases are actual needs or just wants
- Write down your current, upcoming and future financial goals and how to achieve them

Links & Articles:

- www.needhelppayingbills.com: Provides information on assistance programs, charity organizations, and resources that provide help paying bills, mortgage and debt relief (financial, rent and government assistance).
- [Personal Finance 101](#): An Introductory course to help you achieve your financial goals
- www.auntbertha.com: An online resource that connects users to free and reduced-cost local resources such as medical care, food, housing, and more. Website also offered in Spanish.
- www.211.org: Service refers callers to appropriate agencies & community organizations that offer emergency financial assistance; available in most areas. Dial 211 from any phone or visit the site to search for contact information by zip code. Website is offered in Spanish.
- www.helpwhenyouneedit.org: An online service that connects users to over 350,000 listings nationwide of private and public resources for food pantries, stores that accept food stamps, assisted living facilities, domestic violence and homeless shelters, mental health & substance use treatment, free clinics, legal and financial assistance.
- www.usa.gov/help-with-bills: Provides information about government programs that help with bill payment, temporary assistance, jobs/unemployment, credit, etc. Website and Helpline are offered in Spanish.
- www.rxassist.org, www.rxhope.com & Needy Meds: (800) 503-6897 / www.needymeds.org: Provides assorted resources to help those in need obtain their medications when finances are tight.
- Mappingmyfuture.org: Provides information to better manage your student finances
- [Make a budget in 6 steps](#): For those who don't know where to start, this site provides information on setting you up for financial success.

Physical Resources

Being physically active, sleeping well and engaging in self-care

Tips & Activities:

- Go for a walk & build breaks into your daily schedule
- Get up every hour to stand and walk around for at least one minute
- Have your own walking meeting by walking outside or around your house during a phone call
- Exercise using your own body weight; burpees, squats, lunges, pushups, etc.
- Host a Zoom workout meeting with your team or create your own workout mini-challenge
- Stick with a bedtime and wake up time to keep your body's internal clock on track
- Wear clothes that you can work out in so you don't have to take time to change
- Check to see if your local gym is offering virtual classes
- Do some cleaning, home projects like painting, or yard work
- Check out sites like Youtube, Amazon Prime, and Google for free workout videos for you and any kids or housemates



Links & Articles:

- [Try this workout](#) - which uses resources and items most people have at home
- [Create a Circuit Home Workout](#)
- [5 muscles you should stretch if you sit all day](#)
- [Stretches you can do in your chair](#)
- Check out [Yoga with Adriene](#) for at home yoga practices
- [7 minute workout](#) – when you don't have 30 minutes to workout, this 7 minute workout packs in a full-body exercise
- Make sure to get quality sleep with these [Healthy Sleep Tips](#)
- Check out [PopSugar Fitness](#) for a variety of free workouts (Pilates, Zumba, Core, Kid workouts, etc.)
- Check out these fun workouts you can do with your kids: [Indoor Exercises With Your Kids](#), [Strength-Training Exercises for Kids](#)

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