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# COVID-19

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## Wellness Resource Guide

THE UNIVERSITY OF TEXAS  
**MDAnderson**  
~~Cancer~~ Center

Making Cancer History®

## We Are All in This Together!

As a team, we've been working on learning, understanding, and developing new wellness strategies for our MD Anderson community during this challenging time. Rapidly changing news can cause anxiety, stress, and fear, and now perhaps more than ever, it is important to be mindful of your own needs and practice self-care.

We are beyond grateful to our frontline caregivers for working tirelessly to keep our communities and patients safe during the COVID-19 pandemic, and we are committed to ensuring that you and your family members have continued access to the tools and resources needed during this ambiguous time.

In this guide, you will find a comprehensive collection of tools and resources to support your physical, mental, and emotional well-being needs, including webinars, free meditation apps, at-home strength training videos, healthy eating resources, and much more. You may also find daily wellness tips, live demos, and much more on the [BeWell@MDAnderson Facebook Page](#).

We hope that our new online tools will serve as a useful resource for you during this time. However, if you have additional resources, tips, or life hacks that you are currently using to help keep yourself healthy and stress-free, we encourage you to email them to [BeWell@mdanderson.org](mailto:BeWell@mdanderson.org)

COVID-19 has changed our lives drastically and has left us all feeling stressed, anxious, and struggling to cope with the lifestyle changes related, but together we will get through this because **We Are....#OneMDAnderson**



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## MD Anderson COVID-19 Resources

- [MD Anderson COVID-19 information for employees](#)
- [MD Anderson COVID-19 information for community members](#)
- [MD Anderson Employee Assistance Program](#)
- [Bright Horizon Back-Up Care Registration](#)

Their service is available 24 hours a day, seven days a week; however, before using the service, you need to register and then make a reservation for care, so do not wait. [Register online now](#) with the following company login information:

- **Username: MDA**
- **Password: backupcare1**

To register by phone or if you have any questions, call 877-242-2737 or 800-557-0847.

During COVID-19, as wait times may be longer than usual, it is recommended to register via the website. To request care, it is recommended to also do so via the website or mobile app (available for [Android](#) and [Apple](#)).

## Additional Child Care Options

To also help assist our essential employees who must report to work during the "stay-home" orders, several area daycares will remain open to provide childcare. [Click here to review the updated list](#) for the Houston area.

## Internal MDA Department Resource List

<a href="#">Education and Training</a>	<a href="#">Employee Assistance Program</a>
<a href="#">Leadership Institute</a>	<a href="#">Meditation and Mind Fitness</a>
<a href="#">Ombuds Office</a>	<a href="#">Practitioner Peer Assistance Committee</a>
<a href="#">Spiritual Support</a>	<a href="#">Wellness and Recognition</a>
<a href="#">Pickens Fitness Center</a>	<a href="#">Patient Experience Site</a>
<a href="#">Environmental Health &amp; Safety</a>	<a href="#">Employee Health and Well-being</a>
<a href="#">Infection Control</a>	<a href="#">Antibiotic Stewardship Program</a>
<a href="#">myHR, myHR@mdanderson.org</a>	4-INFO 713-794-4636



## LiveWell COVID-19 Resources

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### MDA Employee Assistance Program

If you are feeling stressed, a clinician will be available Monday-Thursday, 7:30 am-9 pm, and on Fridays until 4:30 pm.

For information, consultation, referrals, or to schedule an appointment, call 713-745-6901.

- [EAP Coping with Transition](#)
- [EAP Dealing with Change in the Workplace](#)
- [EAP COVID-19 Stress Management Video Series](#)
- [EAP Grounding Techniques Presentation](#)

### Mental Health, Mindfulness, and Resiliency Tools and Resources

- [Understanding Compassion Fatigue: Tips for Disaster Responders](#) (Source: SAMHSA)
- [CDC Stress and Coping Resources](#)
- [Why Taking Care of Your Well-Being Helps Others](#) (Source: Greater Good Science Center at the UC Berkeley)
- [Channeling Mindfulness In Nursing](#) (Source: ANA)
- [Expressive Writing Practice](#) (Source: Greater Good Science Center at the UC Berkeley)
- [Three Good Things Practice](#) (Source: Greater Good Science Center at the UC Berkeley)
- [Take a Self-Compassion Break Practice](#) (Source: Greater Good Science Center at the UC Berkeley)
- [Action for Happiness Monthly Action Calendars](#) (Source: Action for Happiness)
- [Gratitude as Medicine: A Survival Kit for Healthcare Organizations](#) (Source: Greater Good Science Center at the UC Berkeley)
- [Yale University: The Science of Well-Being](#) (Source: Coursera)
- [Ohio State University Wexner Medical Center Mindful Practices](#)
  - [Ohio State University Stress Management & Resiliency Training Lab](#) (Breathing practices to help to reduce stress)
- [University of Virginia School of Nursing Compassionate Care Initiative](#)
  - [University of Virginia School of Nursing Awareness of Breathing \(guided meditation exercise\)](#)
- [The University of Pennsylvania Authentic Happiness Initiative](#)
- [UCLA Mindful Awareness Research Center](#)
- [University of Minnesota Center for Spirituality and Healing](#)
- [Center for the Study of Traumatic Stress](#)
- [The Power of Meaning](#) (Source Emily Esfahani Smith Author/Speaker/Journalist)

### Online Resiliency and Mental Health Toolkits

- [University of Washington Medicine Resiliency Lab](#)
- [American Psychiatric Association Well-being Toolkit](#)
- [University of Michigan Medicine Depression Center Toolkit](#)
- [Institute for Healthcare Improvement: Framework for Improving Joy in Work](#)



## SleepWell COVID-19 Resources

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### Sleep, Relaxation, and Insomnia Resources

- [National Sleep Foundation Sleep Diary](#)
- [Simple Solutions for a Great Night's Sleep](#)
- [The National Institutes of Health: Your Guide to Healthy Sleep](#)
- [Cal Berkley Center for Human Sleep and Science](#)
- [CDC Workplace Sleep Health Resource Center](#)

### Sleep, Relaxation, and Meditation Apps and Videos

- [Headspace App](#)
- [Happify App](#)
- [Calm App](#)
- [Stop, Breathe & Think App](#)
- [Intellicare App](#)
- [Insight Timer App](#)
- [Aura App](#)
- [10% Happier App](#)
- [BCBSTX Centered Mindful Meditation App](#)
- [Stanford Mind and Body Lab](#)
  - [Rethinking Stress Toolkit](#)
  - [Stress Mindset manipulation Video Series](#)
- [UCLA Mindful Awareness Research](#)
  - [Guided Meditation Videos](#)
- [Community Wellness at MIT Medical](#)
  - ["Cheat Sleep" Handout](#)
  - [Sleep tips \(MP3, 5:31\)](#)
  - [Free white noise website](#)
  - [Bedtime relaxation \(15:21\)](#)
  - [Unwind \(4:07\)](#)
  - [Rest \(4:00\)](#)



## WorkWell COVID-19 Resources

### Parent and Child Home Learning Resources

Scholastic	Khan Academy
ABC Mouse Early Learning Academy	Reading IQ
Adventure Academy	K5 Learning
Prodigy Game	Kiwi Co
Duolingo App	Texas Education Agency
Weather Wiz Kids	Houston Zoo
Smithsonian Virtual Tour	Houston Public Media TV8
Girls Who Code	We Are Teachers
National Geographic	Children's Museum Houston

Source: MD Anderson Training and Education Department

### Productivity Resources

- [Understanding Procrastination](#) (Source: Cal Poly Student Academic Services)
- [Time Management Tips](#) (Source: Dartmouth Academic Skill Center)
- [Leadership Institute Productivity and Organization website](#)
- [UT System Office of Employee Benefits Work Healthy From Home Guide](#)

### Team Management

- [Resources for Remote Work](#) (Source: Society for Industrial and Organizational Psychology)
- [Building a Psychologically Safe Workplace](#) (Source: Ted Talk)
- [The Ultimate Guide to Remote Work](#)
- [Eight Well-being Leadership Strategies](#) (Source: Global Wellness Institute)
- [Are You a Genius or a Genius Maker?](#) (Source: Liz Wiseman)

### Conflict Resolution Resources

- [MD Anderson Ombuds Office](#)
- [Difficult Conversations Planning Guide](#) (Source: MDA Leadership Institute)
- [Calming Upset People EAR Model](#)
- [How To Give Feedback to People Who Cry, Yell, or Get Defensive](#) (Source: Amy Jen Su)
- [Nonviolent Communication Video](#)

### Conflict Resolution Videos

- ["Understanding and Managing High-Conflict Individuals"](#) (Source: Shawn Skillin, J.D., from the High Conflict Institute)
- ["Conflict in the Moment"](#) (Source: Diana Anderson, Director of the Ombuds Office)



## EatWell COVID-19 Resources

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### Nutrition Resources and Videos

- [Overcoming Emotional Eating PDF](#)
- [Eating Well in Challenging Times PDF](#)
- [Food To Boost Your Immune System PDF](#)
- [Pandemic Pantry PDF](#)
- [Working from Home - How to Prevent the Constant Snacking PDF](#)
- [25 Ways Your Kids Can Help in the Kitchen PDF](#)
- [Foods to Boost Immunity \(Video\)](#)
- [Healthy Snacking While Working From Home \(Video\)](#)

### Virtual New and Nursing Moms Support Group Meeting

Working from home and dealing with kids or nursing? Join us for our regular support group for working moms now provided virtually. We are also offering it bi-weekly to provide added support during this time. Our next meeting will be held:

- Wednesday, April 15
  - 12:00 pm – 1:00 pm
  - [Join Skype Meeting](#)
- Join by phone
  - [713-745-6264](#) (The University of Texas MD Anderson Cancer Center)
  - [1 \(844\) 850-6264](#) (The University of Texas MD Anderson Cancer Center)
  - Conference ID: 1102916

### Nutrition Consultations Available Remotely

Our wellness dietitian is still providing nutrition consultations virtually! Whether you are interested in an individual consultation to assist with your diet and nutrition goals or simply to answer any of your questions about nutrition, healthy cooking, and eating, contact Lindsey Wohlford at [LEWohlford@mdanderson.org](mailto:LEWohlford@mdanderson.org) to schedule.

### BeWell Bites Weekly Email

Many of us were off to a great start this year, working toward healthier habits, weight loss, or nutrition goals. The current COVID-19 crisis has made things challenging for sure, but it does not mean we have to abandon our plans completely. Interested in simple nutrition tips and tricks, easy recipes, and information on how to continue your healthy habits at home? Sign-up to receive the Be Well Bites weekly email [here](#) and let us help keep you on track!

### Online Lifestyle Management Programs

- [Livongo for Hypertension](#) is a new program open to members and their covered dependents over 18 years old enrolled in the UT SELECT health plan. Enrolled participants receive a wirelessly connected blood pressure cuff and have access to the same features (e.g., education, challenges, health coaches) that are available through Livongo for Diabetes. [Click here to learn more.](#)

- [Livongo for Diabetes](#) helps participants living with diabetes better manage the condition by providing them with a connected meter, unlimited free strips and lancets, and coaching. The program open to members and their covered dependents over 18 years old enrolled in the UT SELECT health plan. [Click here to learn more.](#)
- [Omada](#) is a digital program that provides you with the tools and support you need to build healthy habits that stick. Omada's approach combines proven science with rich data to help you make the changes that matter most — whether it's eating, activity, sleep, or stress. If you are participating in the UT SELECT Medical plan and you have or are at risk for certain chronic health conditions such as diabetes, you may be eligible for this new program. [Click here to learn more.](#)



## MoveWell COVID-19 Resources

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### Exercise and Physical Activity Tips, Tools, and Resources

- [At-Home Dumbbell Workout](#) (Source: MDA Pickens Fitness Center)
- [At-Home Mini Band Workout](#) (Source: MDA Pickens Fitness Center)
- [At-Home Stretch Break](#) (Source: MDA Pickens Fitness Center)
- [Online Strength Training Workouts](#) (Source: MDA Pickens Fitness Center)
- [50 Best Free Workout Resources Online](#)
- [The Scientific 7 Minute Workout](#) (Source: Johnson and Johnson)
- [Desk Ergonomic Comfort Self-Checklist: Seated and Standing](#) (Source: UT Austin)

### Online Injury Prevention Program

- [Hinge Health](#) is a 12-week coach-led digital program for those suffering from chronic back, knee, or hip pain, and the program is covered as part of your UT SELECT benefits. [Click here to learn more about Hinge Health.](#)

### Blue Cross Blue Shield Online Medical Resources

- [MDLIVE](#), a leading virtual visits vendor, lets you visit independently contracted MDLIVE board-certified doctors when you may need care. They may help treat non-emergency medical and pediatric health issues. MDLIVE is available 24/7 at no cost to UT SELECT and UT CONNECT members. Appointments can be made via online video, mobile app, or phone. Register [online](#) or call **1-888-676-4204**. You will need your benefits ID card.
- MDLIVE Behavioral Health Counseling. MDLIVE offers virtual visits for behavioral health counseling. Speak with a licensed counselor, therapist, or psychiatrist for support. You can choose who you want to work with for issues such as anxiety, depression, relationship problems, trauma, loss, and more.
- [24/7 Nurse Line: \(1-888-315-9473\)](#)  
UT SELECT and UT CONNECT Blue Cross Blue Shield of Texas have registered nurses available 24/7. The nurse line can answer your health questions and help you decide whether you should go to the emergency room or urgent care center or make an appointment with your doctor. All clinicians have been trained on the latest clinical guidelines for COVID-19.



## Additional COVID-19 Tools and Resources

- [CDC COVID-19 Resources](#)
- [NIH COVID-19 Resources](#)
- [WHO COVID-19 Resources](#)
- [City of Houston Emergency Operations COVID-19 page](#)
- [Harris County's Stay Home, Work Safe Order](#)
- [Harris County Emergency Preparedness](#)
- [Harris County Public Health COVID-19 Self-Assessment Tool](#)
- [Harris County Public Health COVID-19 Information Page](#)
- [Galveston County Health District COVID-19 page](#)
- [Fort Bend County COVID-19 page](#)
- [Houston ISD COVID-19 page](#)
- [The Ohio State University, Office of the Chief Wellness Officer](#)
- [National Academy of Medicine's Action Collaborative on Clinician Well-Being and Resilience: Well-Being Resources During COVID-19](#)

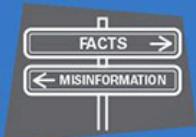
### Coping during the COVID-19 outbreak

Practice self-care to stay calm, maintain perspective and sustain your physical and emotional health.



#### Limit COVID-19 updates

Manage stress and information overload by reducing social media use and checking the news 2-3 times daily to get the facts you need to know.



#### Use credible sources

Ensure your updates come from verified sources such as the Centers for Disease Control & Prevention (CDC), the World Health Organization (WHO) and MD Anderson for cancer-related information.



#### Take care of your body

Eat well, stay active, get enough sleep and practice mindful breathing when possible to reduce the physical effects of stress.



#### Stay connected

Keep in touch with loved ones by calling or using video chat tools to check in on family, friends and neighbors.



#### Follow precautionary measures

Practice good hand hygiene, follow social distancing guidelines and stay home when sick to protect yourself and others.

~~Cancer~~



## Strategies for Clinicians During COVID-19

[bit.ly/CWCOVID19](https://bit.ly/CWCOVID19)  
#ClinicianWellBeing

- 1** Meet basic needs
- 2** Take breaks
- 3** Stay connected
- 4** Respect differences
- 5** Stay updated
- 6** Perform self check-ins
- 7** Honor your service

A collection of resources to promote clinician well-being is available online.

*Source: National Academy of Medicine's Action Collaborative on Clinician Well-Being and Resilience*

# How to relax



## Pursed lip **breathing**

Nose inhale slowly - count 1, 2

Lips purse/pucker  
exhale slowly, count 1, 2, 3, 4

## 5, 4, 3, 2, 1 **mindfulness**...

Think of 5 things you can see

4 things you can feel

3 things you can hear

2 things you can smell

1 thing you can taste



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**HOW TO**

# WASH YOUR HANDS

**1.**

Use soap and water — or alcohol-based hand sanitizer.

**2.**

Lather up and scrub all parts of your hands, including under your nails.

**3.**

Do this for at least 20 seconds — or sing the happy birthday song twice.

**4.**

Repeat throughout the day.

#endcancer

~~Cancer~~<sup>®</sup>