

Wellness in the time of COVID-19

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COVID-19 specific, mostly health care worker oriented, wellness resources with links. Please use and share. These are all widely available and not behind firewalls.

1. National Academy of Medicine: Resources to Support the Health and Well-Being of Clinicians During COVID-19 [NAM resources](#)
2. Med+Ed: COVID-19 Resources for Healthcare Providers, Families, and Leadership [Med+Ed](#) and also here [Med+Ed Self Care](#)
3. Uniformed Services University's Center for the Study of Traumatic Stress: COVID-19 Pandemic Response Resources [USU CSTS COVID](#)
4. American Academy of Pediatricians: Keeping well in COVID Resources for Healthcare Professionals [Covid AAP](#)
5. Accreditation Council for Graduate Medical Education during covid-19 [ACGME](#) and general [ACGME well-being resources](#)
6. AMA COVID-19 Guides for Health Care Professionals [COVID-19 AMA](#)
7. AMA Creating a resilient workforce [COVID-19 Resilience AMA](#)
8. Nature: Mentoring During the COVID-19 Pandemic [Mentoring](#)
9. American College of Lifestyle Medicine [COVID-19 ACLM resources](#)
10. Vital Talk: COVID ready communication playbook [Vital Talk](#)
11. Physician Support Line (Telemedicine) [physician support line](#)
12. Psychological First Aid resources from [NY Office of Mental Health](#) and [American Psychological Association](#)
13. UC Davis Local Resources (pre-COVID) [UCD Health and Wellbeing Resources](#)
14. Collection of free/discounted wellness apps in the time of COVID including yoga and meditation (updated) [9TO5](#)
15. [Balance](#), a new meditation app, is offering a free one-year subscription to anyone who wants it. To receive the free subscription just download the app and then email access@balanceapp.com for instructions
16. Free access to other meditation sites including [Headspace](#) and [Calm](#) (3 months free), [Insight Timer](#) and [Ten Percent Happier](#)
17. Free workouts Orange Theory Fitness [OTF](#) and 24-Hour Fitness [24hourfitness](#)
18. UCSD Center for Mindfulness Guided Meditation [UCSD Guided Meditation](#)
19. EM Pulse pod cast with three pandemic related podcasts [Grace](#), [Meditation](#), and [Comfort](#)
20. Discounts for health care professionals includes gear, transport, and health and fitness options (list is updated frequently) [HealthJob](#)
21. Mental Health and Covid-19, [a mental health guide](#) by Dr. Craig Katz at Mount Sinai