

# WELLNESS IN THE TIME OF COVID-19

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# INSTITUTIONAL OFFERINGS

- Employee Assistance Program
  - Psychiatry/Psychology
  - App for text/IM psychologic support
  - Resources for children
- Local medical students – child/pet care, meal prep, food delivery, virtual tutoring programs
- Zoom wellness series

## MONDAY

### SELF-COMPASSION SERIES

SARA SCHAIRER & BURRELL POE, COMPASSION IT

## TUESDAY

### YOGA NIDRA

TAMARA VOKES, MD, PROFESSOR OF MEDICINE

## WEDNESDAY

### ANTIDOTES FOR COMPASSION FATIGUE

JOEL JACKSON, UCM DIVERSITY INCLUSION & EQUITY

## THURSDAY

### MINDFULNESS-BASED RESILIENCE TRAINING

CHRISTOPHER CHRONIAK, PHD, THE INSIGHT CENTER AND FABIANA ARAÚJO, PHD ASSISTANT PROFESSOR OF PSYCHIATRY

## FRIDAY

### DEVELOPING COMMUNITY IN THE TIME OF ZOOM

TOBIAS SPEARS, BSD OFFICE OF DIVERSITY & INCLUSION

# DEPARTMENTAL OFFERINGS



List of resources for virtual exercise programs



Yoga program



Resources for meditation apps (Headspace, Muse, Calm, etc.)



Social & Experiential Zoom Sessions



Virtual counseling – local psychiatrist, chaplain



Anesthesia Peer Support Group

# ANESTHESIA PEER SUPPORT GROUP

- PSG
  - Group of attendings, residents and CRNA
  - Trained by a psychologist
  - Reached out to the first volunteers in our COVID ICU
    - Prior to going into the unit
    - Touched base periodically during their time in the unit

# COHORT ICU OFFERINGS



**Decontamination  
resources**



**Housing resources**



**Daily meal provision**



**Compassion Fatigue  
Antibodies**

Self-regulation

Reframing

Self-care