WELLNESS IN THE TIME OF COVID-19

Allison Dalton, MD
University of Chicago
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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>SELF-COMPASSION SERIES</td>
<td>YOGA NIDRA TAMARA VOKES, MD, PROFESSOR OF MEDICINE</td>
<td>ANTIDOTES FOR COMPASSION FATIGUE JOEL JACKSON, UCM DIVERSITY INCLUSION &amp; EQUITY</td>
<td>MINDFULNESS-BASED RESILIENCE TRAINING CHRISTOPHER CHRONIAK, PHD, THE INSIGHT CENTER AND FABIANA ARAUJO, PHD ASSISTANT PROFESSOR OF PSYCHIATRY</td>
<td>DEVELOPING COMMUNITY IN THE TIME OF ZOOM TOBIAS SPEARS, BSD OFFICE OF DIVERSITY &amp; INCLUSION</td>
</tr>
</tbody>
</table>
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