

Self-Care in Times of COVID Webinar Resources

Healing Connections: On Moving from Suffering to a Sense of Well-Being

<https://doi.org/10.1016/j.jpainsymman.2006.09.014>

Self-care of Physicians Caring for Patients at the End of Life: “Being Connected... A Key to My Survival

<https://www.upaya.org/uploads/pdfs/JAMAselfcareendoflife1.pdf>

Meditation during COVID-19 (additional dates will be added)

<https://www.mindheartprograms.org/covid19>

Insight LA Meditation – Tending Grief, Uncertainty, and Loss (additional dates will be added)

<https://insightla.org/event/tending-grief/2020-07-05-14-00/>

A self-care initiative that was effective for me in recent weeks was... (responses from live attendees)

“Climbing the mountain three times a week while praying the Holy Rosary and when I get to the top of the mountain, I sit in solitude to thank the Lord for all his creation - stars, moon, etc. then I ask for forgiveness of my shortcomings, I pray for my family, resolve my personal issues. After about an hour, I come down in peace and in joy.”

“While doing telehealth, listening to conference calls and sacred, holy listening to our patients on the phone, one self-care practice has been to fold 1000 Japanese paper cranes as a way to create order, beauty and release their feelings of grief, loss, into beautiful winged cranes that will be assembled into a mobile for a memorial service once our community gathers again (I am a chaplain). If people don't know the story of the 1000 paper cranes, they were folded by a little Japanese girl who was affected by the bombing of Hiroshima at the end of WWII as her prayer for healing and peace while she endured leukemia treatments...a true transformation of suffering that can connect us all to healing through beauty.”

“I love taking 4.5 mile walks many times a week with my husband, in our neighborhood, where there are many trees and birds singing, gentle hills, quiet streets with few cars.”

“The best practice for me now as a hospice NP has been listening to birdsong each morning on my screened porch. Listening deeply helps me to go to a place of inner peace, joy, and distance from the emotional residue of the work supporting clinicians who work with covid-19 patients & families.”

“Journaling has been effective for me.”

“I've started writing down each Sunday three self-care practices I think I can ACTUALLY do in the week ahead - and then find a little joy when I can check them off.”

“Being able to work from home; meditation and running.”

"I got certified in Laughter Yoga last fall, before Covid. Tonight I will be leading my first Laughter Yoga Community Ed Class."

"Daily yoga practice"

"Daily 10-minute group Headspace. I also bought a bird feeder and food so I could sit in the garden and watch."

"Walking. Long walks at times in silence; at times listening to a podcast that soothes my soul."

"During the spring at the beginning of the COVID crisis, I spent as much time outside as possible: hiking, eating meals on my deck. Last week for vacation, I visited the mountains -- hiking, visiting waterfalls, mountain streams. I was in heaven!"

"We at Hospice have created a monthly grief/debrief circle for our staff to process our personal experiences in our professional work. This has been extraordinarily helpful for all of us. We've developed a safe space to do this work."

"Daily listening to the same musical piece - for peace"

"Journaling"

"Self-care: going to the ocean and praying on a daily basis, quiet time and sharing with a dear friend."

"Being with my dog and enjoying her presence as she helps me to relax."

"Having mindfulness practice daily at work."

"Exercise: running early in the morning/late evening in the park"

"Turn off phones, take a drive, center on blessings and family, getting away from end of life situations"

"I often get out of bed and immediately sit on the floor which invites my two dogs to come running. They then get human therapy (petting, stroking) and I get pet therapy. Most helpful on a regular basis."

"Disconnecting from electronics when I am not at work."

"Not watching the news."

"My self-care has primarily been two sessions of Centering Prayer each day. I am also being nourished by music, poetry and Scripture."

"A self-care initiative that was effective for me in recent weeks was being intentional about getting up earlier (at least two hours) to meditate and exercise before going to work."

"Leaving on time from work has been helpful."