

Clinician Wellness Resources

Read, listen to music, laugh, consider yoga/meditation/mindfulness
Compiled for COVID-19 by Dr. Jill Rinehart (4.2.20)

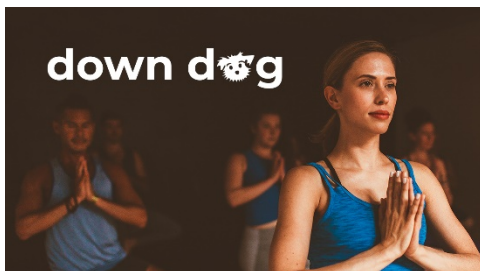
1) A Good read: Atul Gawunde: <https://www.newyorker.com/news/news-desk/keeping-the-coronavirus-from-infecting-health-care-workers>

2) Andrea Tidman's (AKA DJ Blood) #COVID2020Playlist:
<https://open.spotify.com/playlist/4Hr79TkDE8CzbdcF0wMogY?si=5iq0t7tDS56WPtwmxseBDQ>

3) FOR A GOOD LAUGH: <https://www.youtube.com/watch?v=k1b51oqbpmM>

4) Down Dog is a yoga app but they also have an app for HIIT workouts too and I think a few others. You can use this link to sign-up: <https://www.downdogapp.com/healthcare>

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[downdogapp.com](https://www.downdogapp.com) - Down Dog | Great Yoga Anywhere

HIIT Turn up the intensity with High Intensity Interval Training. Use your own body weight to get your heart rate up and efficiently burn fat while building muscle - no fancy props required.

www.downdogapp.com

5) Meditation/mindfulness app Headspace is making its Headspace Plus subscription free to all healthcare providers through the end of 2020. This is a great resource.

<https://help.headspace.com/hc/en-us/articles/360045161413-Headspace-for-Healthcare-Professionals>

From Headspace Plus for US Healthcare Professionals: If you are a US Healthcare Professional and you do not have a National Provider Identifier (NPI), please complete the form (included in link) to request access to Headspace. Once we verify your credentials, we'll email you next steps to access free Headspace Plus." <https://www.surveymonkey.com/r/C6DDGNL>