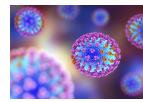


# COPING with COVID-19

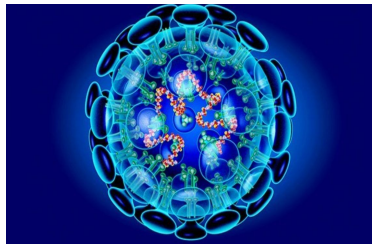


UNM FM Residency March 2020

On a daily basis now, we are being inundated with disconcerting news about the novel coronavirus. We are doing everything we can to respond appropriately and prevent the spread of disease with limited resources. Thank yourself and your co-workers for being on the front lines and assisting in “flattening the curve.”

It is normal to experience fear, anxiety, and indignation with so many unknowns in this time of crisis. Staying calm can feel impossible, but using coping strategies can help boost our resilience and reduce stress.

**As healthcare workers we put the needs of others before ourselves, but in order to do this sustainably, it is vital that we stay grounded and compassionate.**



## Corona Virus Sanity Guide

Explore tangible and practical tips for handling the uncertainties through meditations, podcasts, blog posts, and talks by Ten Percent Happier.

You can also join in for live streaming talks daily and access their app for free.

## Instagram favorites and free apps:

**Morning MeditOcean** — A Guided Meditation with the Rocky Shore

Charlee Atkins **Fitness**

Farmstands, CSAs, Takeout, Curbside, Delivery **#supportlocal**

**Down Dog- Yoga app**

Headspace - **Mindfulness app**



## Maintaining Wellbeing Solo



## Guide to local and national resources available while our community rides out the COVID-19 pandemic

**If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call, seek help:**

- Reach out to Dr. McClain, Dr. Steiner or program directors
- SAMHSA's Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

## Other Resources:

Protect yourself and prepare for COVID: [Provider Guide to COVID-19 - AMA](#)

Information for Clinicians: [What you need to know in New Mexico](#)

[Cases in U.S. - CDC map](#)

[Cases in New Mexico - NMDOH](#)