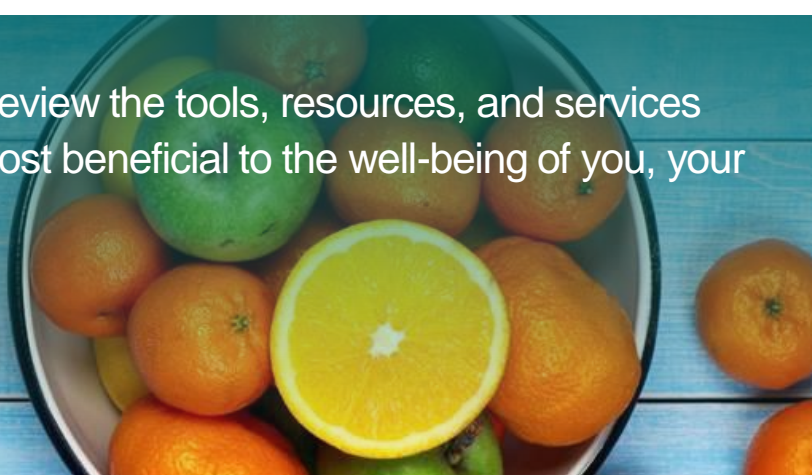


Take care of yourself. Review the tools, resources, and services below. Implement actions that will be most beneficial to the well-being of you, your team and your family.



Resources to support your emotional health



EAP Services – www.kp.org/eap

- Over the next weeks, join local COVID-19 support group calls offered by EAP in your area. Session details will be advertised locally.
- Individual EAP sessions can be done virtually by phone or use of Video Visits on your laptop or mobile phone. Visit www.kp.org/eap to make an appointment and discuss the options best for you.

EAP Online Resources – Find the below resources at www.kp.org/eap

- Utilize the myStrength app to access interactive activities, coping tools and community support.
- Learn how to cope with uncertainty and care for yourself.
- Explore how to prevent burnout at work by practicing gratitude, mindfulness and kindness.
- Discover suggestions on how to talk to children about COVID-19.

Mindfulness and Meditation

- Practice One Moment Meditation in your day-to-day work.
 - Visit KP’s Mindful Hub to access regular mindfulness opportunities at <https://sp-cloud.kp.org/sites/MindfulHub>
 - Listen to KP’s audio meditations for guided imagery and affirmations.
- Visit www.healthy.kaiserpermanente.org/northern-California then select “Health & Wellness”

Actions to support your physical health



Follow the CDC’s recommendations to stop the spread of illness.	www.cdc.gov
Eat a diet high in fruits and vegetables and drink plenty of water. Support local businesses by ordering healthy takeout or use meal delivery services to provide nourishing food for you and your family.	https://mydoctor.kaiserpermanente.org/ncal/healthweight
Take regular walks and explore online exercise options such as KP’s Instant Recess videos and other exercise apps.	www.kp.org/instantrecess
Utilize KP sleep resources to ensure you are getting plenty of rest.	www.kp.org/selfcare then select “Sleeping Better”
KP members can partner with a wellness coach to eat healthier, lose weight, lower stress, sleep better, get active or quit smoking.	Call (866) 862-4295

Ways to foster connection and community



Stay connected with colleagues on the Go KP Wellness Wall	www.kp.org/gokp
Schedule regular phone or video calls with friends and family	
Learn how to properly care for someone at home.	https://www.cdc.gov