

## Resources for Stress Reduction

It's difficult to work the front lines of patient care this COVID-19 emergency. These resources are a starting place to assist you, your care team, your family, and your patients.

### Resources for physicians and health care workers

- Your [AAFP chapter](#) is a resource for you. Check in with it about support and resources in your community.
- The National Academy of Medicine has vetted these [Resources to Support the Health and Well-being of Clinicians During the COVID-19 Outbreak](#).
- PeerRxMed provides a free [peer-to-peer support community](#) to assist physicians improve their well-being.
- The American Balint Society is offering [free short-term online Balint groups](#). These groups facilitate connection, support, using the Balint method.
- Mental Health First Aid offers [tips for self-care](#) that you can use and share with your patients.
- A new *AFP Journal* article, "[Optimizing mental health during the COVID-19 pandemic](#)," documents the toll COVID-19 is taking on family physicians and their teams. It includes a list of resources as well as advice on decreasing anxiety.
- Check the Federation of State Physician Health Programs to find a [physician health program](#) for support in your state.
- The AAFP has a [well-being portal](#) with several additional resources for Academy members.
- OHSU and UMass faculty are offering a series of [free interactive webinars](#) dedicated to supporting health care workers.

### Support for end-of-life planning and grief

- The AAFP's [Advanced Care Planning page](#) provides information on providing ACP services to your patients and links to helpful resources to assist your patients.
- Cake's [Coronavirus Resources page](#) provides helpful information on end-of-life issues, grief, and anxiety. This website is free but points to some paid third-party services.

### Mindfulness and meditation

- [Headspace Plus](#), a meditation app, is offering free access through 2020 to health care professionals. You will be asked to enter your NPI to claim your free subscription.
- Ten Percent Happier is offering a free [Coronavirus Sanity Guide](#), along with podcasts and guided meditations that health care workers can access via a [free subscription](#) to the app.
- [Insight Timer](#) offers a large library of free meditations on its website. The free version of the app provides meditations, courses, and a meditation timer.

## Exercise

- The Y offers [workout videos and a daily well-being round up](#).
- [Yoga With Adrienne](#) is a popular YouTube channel with playlists for a variety of fitness and experience levels. Start with the playlist "[Yoga for Uncertain Times](#)."
- The [Body Project](#) YouTube channel offers a wide variety of workouts at various intensity levels.
- Good Housekeeping has compiled a list of [25+ free, live-stream workouts](#).

## Entertainment for downtime:

- Many local library websites offer free ebooks, audiobooks, magazines, music, movies, and more.
- [Bon Appetit Test Kitchen](#) is cooking from home.
- [NASA's image library](#) offers pictures and videos for views beyond our world.
- This [article](#) links you to five free video tours of famous gardens.
- On Instagram, chef Massimo Bottura is posting a series of [Kitchen Quarantine](#) videos.