

WELL~BEING RESOURCES

During this challenging and uncertain time, we want you to know support is available and you are not alone.



SUPPORT AT DHMC & CHaD

D-HH

<http://one.hitchcock.org/intranet/non-clinical/covid-19-information/additional-staff-resources>

- Employee Assistance Program (EAP)
- KGA Counseling Services (24 hour services)
- Wellness Team (Live Well Work Well)
- Peer Support
- Informational Articles
- Covid-19 Situation/Projection Maps

COMMUNITY SUPPORT

Upper Valley Response - Helpful Baseline Documents

<https://docs.google.com/document/u/0/d/11dnEkGKEWtUz8X5G7tcw6ZVATrsNO3sSCs6Y5xWutEo/mobilebasic>

FITNESS, MEDITATION, MINDFULNESS & RELAXATION

EXERCISE

- YouTube.com (Search for the following – all free)
- Walk at Home by Leslie Sansone (iWalk strong 3 mile walk)
- Heavyweight Yoga
- Gentle Yoga for Bigger Bodies
- HASFIT (look for the “low impact” collection)
- FACECOVID with Russ Harris (for handling anxiety)
- Darebee.com (scroll to the bottom of the page, “Getting Started” for great tips)
- Fitnessblender.com (can search “low impact” and “no equipment” as needed)
- Hasfit.com (choose from beginner, strength training, senior, etc.)
- Mayoclinic.org (search “Strength training video” to find “how-to” video collection)

Gentle Yoga – Yoga Journal is offering free streaming of some gentle yoga and meditation practices. You can sign up for a practice and then stream at the given time or participate with the recorded event later. But, you have to sign up to access the events, either live or recorded. Here is the link to their website: <https://www.yogajournal.com/>

Tai Chi – Anne Bower will offer free Tai Chi Saturdays on ZOOM from 11:00am to 12:00pm. You do not need to download ZOOM before the meeting. Simply click this link and you will be guided through the process: <https://us04web.zoom.us/j/456894549>

Mighty Yoga is offering 15-minute meditations each day. This is free and accessible to anyone, anywhere using Facebook Live. Be sure to follow their page to get the notifications. You may also join their online conversation and let Mighty Yoga know how they can support you. Join here: <https://www.facebook.com/mightyyoganh/>

Dartmouth College offers resources to help with anxiety and stress: <https://students.dartmouth.edu/wellness-center/wellness-mindfulness/relaxation-downloads>

Headspace offers free support and mindfulness: <https://www.headspace.com/>

UCLA offers resources to assist with anxiety and stress and teaches mindfulness: <http://marc.ucla.edu/body.cfm?id=22>

MINDFULNESS & RELAXATION APPS

Mindfulness Coach - for help with anxiety/stress/mindfulness

Headspace - for help with anxiety/stress/mindfulness

Calm - for help with anxiety/stress/mindfulness

CBT-I Coach - for help with insomnia/sleep problems WELL-BEING RESOURCES for NCCC STAFF

NUTRITION

<https://www.nutritionaction.com/daily/what-to-eat/snacking-more-often-lately/>

RELAXATION & BREATHING EXERCISES

Square Breathing: <https://www.healthline.com/health/box-breathing#slowly-exhale>

Progressive Muscle Relaxation: <https://psychcentral.com/lib/progressive-muscle-relaxation/>

STRESS & COPING

Centers for Disease Control and Prevention, 2020 (Stress and Coping - COVID-19): [https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html)

[CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html)

<http://marc.ucla.edu/body.cfm?id=22>

TALKING TO YOUR CHILDREN

For preschool to young adults: <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

NPR also released a comic for children that explains the coronavirus and was written after interviewing experts about what kids might want to know: (<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>)

For parents of young children, another resource is Zero to Three to answer questions very young children might have: <https://www.zerotothree.org/resources/3211-why-are-people-wearing-masks-why-are-people-covering-their-faces>

OTHER RESOURCES

Helping Our People in Emergencies (HOPE) Fund

The Dartmouth-Hitchcock HOPE Fund assists employees experiencing hardships or emergencies that require them to seek financial assistance.

<http://one.hitchcock.org/pay-benefits/hope-fund.html>

Employee Help Loan

You may contact the Benefits Department at (603) 653-1400 to request a Help Loan.

<http://one.hitchcock.org/pay-benefits/help-loan.html>

DH Meal Vouchers

DHMC Employee Meal Vouchers Available Beginning Thursday, April 2

Childcare

<http://one.hitchcock.org/intranet/non-clinical/covid-19-information/additional-staff-resources/childcare-resources>

Grocery Delivery

[Instacart](#)

[Shipt](#)

- [Shaws](#)
- [Price Chopper](#)

Grocery curbside pick-up

[Target](#)

[Walmart](#)

[Hannafords To Go – West Lebanon](#)

[Hannafords To Go – New London](#)

[Hannafords To Go – Claremont](#)

[Hannafords To Go – Bradford, VT](#)

Meal delivery

The following list is incomplete, but is an excellent starting place for those unfamiliar with meal delivery services. Many meal delivery services offer free trials and do not require long-term subscriptions.

[Blue Apron](#)

[Green Chef](#)

[HelloFresh](#)

[Home Chef](#) use discount code DINNER30

[Splendid Spoon](#)

[Sun Basket](#)

[Wild Alaskan Seafood](#)

Restaurant delivery

[Door Dash](#) - delivery fees currently waived

[Grubhub](#)

[Uber Eats](#) - delivery fees currently waived

[Upper Valley Restaurants](#) – Restaurants offering curbside pick-up in the Upper Valley

Shopping

[Retail Stores \(PDF\)](#) – Stores offering online shopping and curbside pick-up or delivery