

RESOURCES

American Hospital Association: Caring for Our Health Care Heroes During COVID-19:

<https://www.aha.org/system/files/media/file/2020/05/caring-for-health-care-heros-during-covid-19.pdf>

Vital Talk website: <https://www.vitaltalk.org/>

Video examples of difficult COVID-specific conversations: <https://www.vitaltalk.org/topics/covid-videos/>
(#2: *A goals of care talk with a family surrogate – was shown during the webinar*)

Centers for Disease Control and Prevention: Coronavirus Disease 2019 – Coping with Stress:

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

US Department of Health and Human Services. Healthcare Emergency Preparedness Gateway. COVID-19 Workforce Resilience/Sustainability Resources:

<https://asprtracie.hhs.gov/technical-resources/120/covid-19-workforce-resilience-sustainability-resources/99>

Everyone Matters inspirational video - GRATITUDE by Louie Schwartzberg: <https://youtu.be/4115qFsdWKO>

Morning I AM Affirmations – variety of videos to choose from:

<https://www.bing.com/videos/search?q=morning%20i%20am%20affirmations%20youtube&qs=AS&form=QBVR&sp=2&pq=morning%20i%20am%20affirmation&sk=MM1&sc=3-24&cvid=D701536B1B6D4C879AED4802F3981407>

6 Part Daily 15 Minute Meditation – 1 Hand:

<https://www.wisconsinnurses.org/wp-content/uploads/2020/11/Resources-Meditation.pdf>

The Power of the Heart for Healing/Tips from Tori bookmark:

<https://www.wisconsinnurses.org/wp-content/uploads/2020/11/Resources-Tips-from-Tori.pdf>