

COVID-19

MENTAL HEALTH AND WELL-BEING RESOURCES

ASSOCIATION of
RHEUMATOLOGY
PROFESSIONALS
*The Interprofessional Division of the
American College of Rheumatology*

Healthcare professionals and our patients with rheumatic disease may feel the stress of COVID-19 even more acutely than others. The challenge of providing care under what can feel like impossible circumstances, along with the many disruptions to everyday life, can take a toll on our well-being. Our patients also experience the added stress of being at increased risk for infection, changes in access to care, and concerns about drug shortages. We have curated a collection of non-ACR-created resources suggested by members of the Association of Rheumatology Professionals to promote well-being, help you manage daily stress, and offer support during these challenging times.

RESOURCE	DESCRIPTION	COVID-19 SPECIFIC CONTENT	COST ASSOCIATED
<i>Positive News Outlets</i>			
Good News Network	<i>Positive news from around the world</i>	Yes	No
Greater Good Magazine	<i>Source for positive news</i>	Yes	No
The Today Show: Good News	<i>Featured pieces from the Today Show</i>	Yes	No
<i>Relaxation and Meditation</i>			
Headspace	<i>Online evidence-based resilience activities</i>	Yes	Free for healthcare providers
Headspace COVID-19 Team	<i>Online support for leading a team</i>	Yes	No
InsightTimer	<i>Meditation/guided imagery app</i>	No	No
<i>Tools to Boost Happiness</i>			
Calm Health	<i>Meditation app for sleep and stress</i>	Yes	Free for healthcare providers
The Happiness Lab	<i>Podcasts about happiness</i>	Yes	No
The Happiness Lab COVID-19 page	<i>COVID-19-specific content</i>	Yes	No
365 Grateful	<i>Gratitude journaling project with photos</i>	No	No

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<i>Uplifting Activities</i>			
Kind World	<i>Podcast about acts of kindness</i>	No	No
StoryCorps [NPR]	<i>Stories about human connection</i>	No	No
Life Kit [NPR]	<i>Everything</i>	No	No
<i>Enriching Activities</i>			
TED Radio Hour	<i>TED Talks, including some about COVID-19</i>	Yes	No
Top 10 Virtual Museum Tours	<i>Virtual museum tours</i>	No	No
Virtual Concerts by Grammy	<i>Musical performances for many audiences</i>	No	No
Live Streams & Virtual Concerts	<i>Live streams and virtual concerts</i>	No	No
Plays and Musicals	<i>Plays and other streaming performances</i>	No	No
<i>Mental Health Resources</i>			
CDC: Stress and Coping	<i>Information, links, and emergency help lines</i>	Yes	No
SAMHSA National Emergency Helpline	<i>Free, confidential 24/7 and 365 support</i>	Yes	No
AMA: Managing Mental Health during COVID-19	<i>COVID advice for healthcare professional self-care, staff care, and patient care</i>	Yes	No
Talkspace COVID-19 Resources	<i>Therapeutic resources</i>	Yes	No
Mental Health and COVID-19 Information and Resources	<i>Mental Health America resources</i>	Yes	No

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<i>The New Normal (Work and Family Tips)</i>			
<u>Telehealth Tips</u>	<i>Ideas for providers</i>	Yes	No
<u>Building Relationships Amidst Social Distancing</u>	<i>University of Michigan resource, informational</i>	Yes	No
<u>BusinessWire Blog</u>	<i>Parenting and working from home</i>	Yes	No
<u>CDC: Caring for Children</u>	<i>Informational website</i>	Yes	No
<u>Boredom Busters for Children</u>	<i>110 fun at-home activities for families & kids</i>	Yes	No
<u>CDC: Print Resources</u>	<i>CDC informational posters for clinic</i>	Yes	No