

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
Some Good News	<i>John Krasinski's YouTube channel</i>	Yes	No
<i>Relaxation and Meditation</i>			
Headspace	<i>Online evidence-based resilience activities</i>	Yes	Free for health-care 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>			
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
<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

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<i>Enriching Activities</i>			
TED Radio Hour	<i>TED Talks, including some about COVID-19</i>	Yes	No
CNN hosts links to a wide array of entertainment	<i>Virtual museums, concerts, plays, etc.</i>	No	No
Virtual Concerts	<i>Live and recorded concerts, updated daily by NPR</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
<i>The New Normal (Work and Family Tips)</i>			
Forbes Magazine	<i>Tips and ideas for productivity and sanity while working from home</i>	Yes	No
Building Relationships Amidst Social Distancing	<i>University of Michigan resource, informational</i>	Yes	No
BusinessWire Blog	<i>Parenting and working from home</i>	Yes	No
CDC: Caring for Children	<i>Informational website</i>	Yes	No