Virtual Programs to Support Healthcare Professionals During COVID-19

*All programs offered free of charge, please register at least 5 minutes prior to the program (we've added this for extra security to all of our online meetings for patients and staff)

Mindful Yoga for Healthcare Professionals (Virtual)

Friday, April 17, 12:00pm-12:30PM Eastern Time (US and Canada) Facilitated by: **Michelle Stortz**

Join us virtually for a 30 minute yoga session to help you decompress from the stress of being a care provider. Michelle will guide you through some mindful yoga to help decrease stress and help connect you with others.

Register in advance for this meeting:

https://Jefferson.zoom.us/meeting/register/vJAudu-rT4v6GYY7NjKfEcXobmXIXPSUQ

Mindful Moments for Professionals

Tuesdays, April 21, April 28, May 5 & 12th 10:00-10:30am Eastern Time (US and Canada)

Facilitated by: C. Virginia F. O'Hayer, PhD

Clinical Associate Professor; Director, Jefferson Center City Clinic for Behavioral Medicine

Healthcare providers are on the front lines, often dealing with many stressful events surrounding COVID-19. Please join us for a 30-minute mindful practice to help decrease anxiety and stress and focus on you!

Register in advance for this meeting:

 $\frac{https://Jefferson.zoom.us/meeting/register/uZIpce-orjojORiEeenxX192zH-M8T2hyg}{}$

Stretching for Stress Relief (Virtual) Wednesday April 22, 12:00pm-12:30PM

Gina Mancuso, PT

Co-Owner, CoreFitness

Gina Mancuso will lead you through some basic and gentle stretching on the floor of a floor mat to help aid with stress relief during these unprecedented times. Please join us virtually for a gentle stretching and feel connected to others!

Register in advance for this meeting:

 $\frac{https://Jefferson.zoom.us/meeting/register/tJosdOygqjMoHtad3BNSubPVK7yLNLo2n}{XiF}$

Coping Effectively with COVID-19 (For Professionals)

Wednesday, April 22 & 29; May 6 & May 13 from 3:00-3:30pm Facilitated by: C. Virginia F. O'Hayer, PhD Clinical Associate Professor; Director, Jefferson Center City Clinic for Behavioral Medicine

Feeling anxious, worried, and stressed as a healthcare worker? Join us for a 30-minute session to help build balance and structure, learn self-compassion, prioritize work-life balance, help build skills to manage anxiety, and provide yourself with permission "to let go a little."

Register in advance for this meeting:

https://Jefferson.zoom.us/meeting/register/tJQpfu2pqzgpXPoPAoXoI3t9frGWObATGg

Healing through Humor – Staff Edition Friday April 24, 2020; 12:00Pm-1:00PM EST

Facilitated by: Caroline Rhoads, MSW Intern

Join us virtually for a program focusing on healing through humor by getting moving, playing games and helping you get out of your head and into your body! We will learn to use creativity and imagination as a much needed distraction.

Register in advance for this meeting:

 $\frac{https://Jefferson.zoom.us/meeting/register/u5MldO6gpjotYGVY8MA4AsDhPE1OpHA6}{Aw}$

Mindful Self-Compassion Wednesday, April 29, 2020; 12:00Pm-12:30PM EST

Facilitated by: Donald Friedman, MD; Co-Director of The Healer's Art at Jefferson

Mindful Self-Compassion is defined as treating yourself with the same kindness you would show a friend who has difficulty or is suffering. MSC is now recognized as a practice that can be learned, fostering greater happiness, more life satisfaction, and less depression and anxiety. We will discuss the concepts of MSC and practice short meditations that promote our own compassion for ourselves.

Register in advance for this meeting: https://Jefferson.zoom.us/meeting/register/tJwqd-vsrDIvHdwGoiYAjtMPRrzB7fiIldop

For Jefferson Staff Only:

Individual Counseling or Support Services Available at no Charge

Dr. Virginia O'Hayer and her group of students have graciously volunteered to provide one-on-one counseling and support to any cancer center staff member who may need extra support during this time. Sessions can vary from 15 minutes to traditional counseling appointments of 45 minutes based upon your need. If you would like to schedule an appointment for 1:1 support, please contact Mayra Mantilla at mayra.mantilla@jefferson.edu