

April 13: COVID-19 Clinical Update

Take Care of Yourself

This daily communication is intended to facilitate the sharing of important clinical information during the COVID-19 healthcare crisis and to help respond to questions from physicians across Northwestern Medicine.

In today's issue, you will find resources to enhance wellness provided by NMH Physician Health Liaison and Psychiatrist Joan Anzia, MD and Director of Physician Well-Being Gaurava Agarwal, MD.

TIPS TO PROMOTE GOOD HEALTH

Experiencing anxiety during the COVID-19 pandemic is common. It presents a significant challenge in so many ways, in part because it is a novel threat with so much uncertainty. We put tremendous energy into caring for our patients, but we must also look after ourselves, our teams and our colleagues.

Decades of research on the physiology of responding to stress and how individuals and communities cope during disasters provides insight into what promotes resilience, reduces anxiety and depression, and keeps us physically and mentally healthy. Below are wellness tips to incorporate into your day:

1. Physical

- a. Exercise daily for 30 minutes.
- b. Eat well.
- c. Sleep at least 7 hours per night, and establish a regular sleep schedule.
- d. Avoid consuming more than one alcoholic drink per day.
- e. Spend time outside while maintaining social distancing.

2. Emotional

- a. Stay informed about COVID-19, but try to limit reading or watching news to about an hour each day, and avoid viewing it before bedtime.
- b. Listen to your favorite music, read books or watch movies that bring you pleasure and enjoyment, and provide a respite from work.
- c. Nurture your social support network by connecting with family, friends and colleagues by phone or online when you can't meet in person.
- d. Meditate. Apps such as Headspace and Ten Percent Happiness can help you stay "in the moment" and reduce stress. Yoga and focused relaxation breathing can also help.

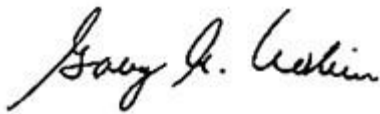
Wellness support resources

- **Employee Assistance Program** is now available to all Northwestern Medicine physicians — both employed and private — for support during this healthcare crisis. The program provides financial counseling services, legal advice, and assistance in finding child and elder care. For more information, call 800.866.7556. Click on the location or medical group below for details on your local EAP program:

<u>CDH</u>	<u>LFH</u>	<u>NMH</u>
<u>Delnor</u>	<u>Marianjoy</u>	<u>Northwest Region</u>
<u>Kishwaukee and Valley West</u>	<u>NMG</u>	<u>RMG</u>

- Members of the Department of Psychiatry and Behavioral Health will provide confidential and quickly accessible crisis management services to all attending physicians (employed and independent) free of charge. The services are not considered therapy or treatment, and will not be documented. Please send an email to Gaurava Agarwal, MD, at gagarwal@nm.org to get connected.
- [Physician Well-Being Page on NM Interactive](#) (*login required*).
- **Hotel discounts:** NM has [negotiated discounted rates](#) for hotels in all regions.
- Find additional wellness tips and resources [here](#).

Thank you to all Northwestern Medicine healthcare providers on the front lines of this crisis for your continued dedication and collaboration in providing exceptional care to the patients and communities we serve. If you have any questions, or would like to share the story of an NM hero, please email us at COVID-19MD@nm.org.



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