



Well-Being Resources During COVID-19

Resources for Home Life

Care.com:

All faculty have access to low-cost services through Care.com. For more information including instructions on setting up an account visit: <https://www.vumc.org/coronavirus/latest-news/back-child-care-available-through-carecom>

Wyndy:

If you are in need of one-day backup childcare, Wyndy can help. Wyndy is a babysitting app serving more than 18,000 families in 22 cities. Please note, Wyndy is not subsidized by VUMC. For more information and to get started visit: <https://www.wyndy.com/vumc>

VUSM Volunteers:

A volunteer program developed by Vanderbilt medical students for your babysitting, pet sitting, grocery deliveries, and other needs. Request assistance by filling out [this form](#). Volunteers are comprised of Vanderbilt medical, graduate, and other professional students. Please keep in mind that these services are not required by the Vanderbilt Medical School and students are not certified childcare providers.

Resources for TeleHealth Support

TeleHealth Help Desk:

For technical support, the Telehealth Help Desk is available at 3-HELP (343-4357). Select Option 4 at the prompt.

TeleHealth Instruction:

Hosted and On-Demand instructional sessions are available for providers in the Learning Exchange. Access the [Learning Exchange here](#). Click on the search tool (located at the top of the screen) and enter keyword “telehealth” to access the available learning modules.

Resources for Teaching/Meetings

ZOOM Accounts through Vanderbilt Medical School:

All faculty with a Vanderbilt.edu email address have been automatically enrolled in the Vanderbilt Medical School professional account through Zoom. By signing in with your VU ID and password (NOT your VUMC ID/password) you can take advantage of >40 minute conference calls, larger numbers of participants and advanced features. To access, visit <https://vanderbilt.zoom.us/> and then click the blue “Sign In” button to activate and configure your account. Remember to use your VU ID (not VUMC ID) to sign in. To take advantage of tip sheets offered by the Medical School IT folks, feel free to visit: <http://vanderbi.lt/vusm-zoom>



Cancelled Conferences and CV:

Were you (or one of your mentees) delivering an oral, poster or workshop presentation at a conference that was recently cancelled? Wondering how to document that work on your CV? Check out this website with recommendations regarding appropriate ways to document your effort in APA style: apastyle.apa.org/blog/canceled-conferences

Resources for Workplace Exposures

Workplace Exposure Program:

[COVID-19 Workplace Exposure Program](#) is in place for those who have cared for a patient with 2019-nCoV, who have traveled to an area with a CDC recommendation for self-monitoring, or who have come in contact with a case at home or in the community. Individuals will need to self-monitor through the Workplace Exposure Program. Click [here](#) for complete program details. Individuals with questions or concerns about known exposure can contact Occupational Health at 615-936-0965 (after hours call 615-828-7081) or email occupational.health.clinic@vumc.org

Stress Relief Resources

Mindfulness from Health and Wellness:

1. Work/Life Connections-EAP offers 3 five-minute guided mindfulness videos featuring Dr. Linda Manning of the Osher Center.
<https://www.vumc.org/health-wellness/resource-articles-blog/mindfulness>
2. Health Plus provides a five-minute audio Mindful Break guided Meditation and an eleven-minute video Mindful Break with seated stretches featuring Bridgette Butler.
<https://www.vumc.org/health-wellness/news/mindful-breaks>

Headspace: Interested in practicing simple mindfulness techniques to calm your stress? *Headspace* is offering free subscriptions for all providers with an NPI number—that's you! (If you don't know your NPI number, you can Google it). Here are the details: <https://www.headspace.com/health-covid-19>

Your Well-being Navigator:

Easy access links to useful well-being services at VUMC and within the Middle Tennessee Community
<https://www.vumc.org/health-wellness/your-well-being-navigator>

Feeling the stress and need to talk?

Work-Life Connections/EAP now offers Connect CARE teleconsulting sessions via phone or ZOOM Telehealth videoconferencing, which is an encrypted platform that is completely confidential. Here are instructions for making an appointment:

1. Make an appointment to talk with a Work/Life Connections-EAP (WLC) counselor through ConnectCARE by **calling 615-936-1327**, Monday-Friday (8:00 am-5:00 pm).
2. Your counselor will contact you at the designated time for your confidential session.



3. If you need a private space to speak with the counselor through phone or ZOOM, please let the Work-Life Connections/EAP office know at the time that you schedule your appointment.

Indoor/Outdoor Exercise

Please note, these resources are not officially endorsed by VUMC

- Hike in the park → Percy Warner Park, Radnor Lake, [10 best waterfall hikes in TN](#)
- Home workout videos:
 - [PopSugar](#) - youtube workouts
 - [Alo Yoga](#) - youtube classes
 - Shakti Yoga (@shaktipoweryoga) is live-streaming yoga classes on Instagram (Local Business!!)
 - [CorePower Yoga](#) - on-demand classes
 - [Peloton](#) has a 90 day free trial of various workouts (no bike needed)

Creative Homebound Entertainment Ideas

- Try new recipes → like [these](#) or [these](#)!
- Re-discover your artistic side → [Craft ideas for adults](#)
- Tap into the virtual world → Start a virtual book club! Organize a virtual coffee date!
- Tour these 12 world-famous [museums](#) virtually
- Visit a Zoo → the [San Diego Zoo](#), the [Georgia Aquarium](#) and the [Monterey Bay Aquarium](#) are offering live webcam viewings of pandas, penguins, beluga whales and more.