

# Faculty and Staff Health and Wellness Resources

COVID-19 has affected all of us. It has caused and continues to cause much stress and anxiety due to the changes and ongoing nature of the pandemic. Please check out the strategies and resources below to help keep you and your family active, healthy and most importantly, safe.

[wellness.osu.edu/covid-19-resources/stay-strong-active-keep-calm-covid-19](https://wellness.osu.edu/covid-19-resources/stay-strong-active-keep-calm-covid-19)

As COVID-19 vaccination rates continue to increase along with other health measures remaining effective, Ohio State plans to reinvigorate campus life this fall. This includes a traditional campus experience with engaging classroom learning, community events and opportunities to rejuvenate after extended time at home.

The university bases its decisions on evidence-based public health guidance. For stress and mental health resources or more information about keeping Ohio State safe and healthy this academic year, visit: [safeandhealthy.osu.edu](https://safeandhealthy.osu.edu).

For new wellness programming at the university and resources to assist your overall health and well-being, please visit: [wellness.osu.edu](https://wellness.osu.edu).

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## Employee Assistance Program

The Ohio State Employee Assistance Program (EAP), in partnership with *ImpactSolutions*, provides resources for employees and their families in times of need. All services are confidential, complimentary and provided by experienced, licensed mental health professionals. EAP services are available to benefits-eligible faculty and staff, members of their household, parents and parents-in-law, even if you did not enroll in an Ohio State medical plan. Learn more about EAP at [osuhealthplan.com/eap](https://osuhealthplan.com/eap).

## Office of the Chief Wellness Officer/Buckeye Wellness Resources

The Chief Wellness Officer/Buckeye Wellness is pleased to offer free fitness classes, educational programs and special events held throughout the university. Our programs and classes are open to all Ohio State faculty, staff, students, alumni, and family members of faculty and staff. All are held virtually until further notice. [wellness.osu.edu/buckeye-wellness-programs/buckeye-wellness-classes](https://wellness.osu.edu/buckeye-wellness-programs/buckeye-wellness-classes).



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- **Stay Calm and Well webinar series**

These educational sessions equip you to build important knowledge and skills to sustain well-being during the COVID-19 pandemic and other social issues facing our country.

Part I - [u.osu.edu/keepcalmcoronavirus19/recorded-webinars](https://u.osu.edu/keepcalmcoronavirus19/recorded-webinars)

Part II - [u.osu.edu/keepcalmcoronavirus192/recorded-webinars](https://u.osu.edu/keepcalmcoronavirus192/recorded-webinars)

Part III - [u.osu.edu/keepcalmcoronavirus193/recorded-webinars](https://u.osu.edu/keepcalmcoronavirus193/recorded-webinars)

Part IV - [u.osu.edu/keepcalmcoronavirus194/recorded-webinars](https://u.osu.edu/keepcalmcoronavirus194/recorded-webinars)

Part V - Coming soon!

- **Health Athlete**

The Health Athlete workshop helps individuals maximize energy and improve well-being, by fueling higher performance and inspiring purposeful living. Individuals who attend Health Athlete leave the program with the tools to increase their confidence and ability to engage in healthy lifestyle behaviors that will lead to improved health outcomes. Learn more:

[healthathlete.osu.edu](https://healthathlete.osu.edu).

- **MINDSTRONG™/MINDBODYSTRONG™**

The College of Nursing offers MINDSTRONG™, an evidence-based cognitive-behavioral skills building program with a goal of improving resiliency and self-protective factors for the overall well-being of students, as well as faculty and staff and their families. MINDBODYSTRONG™ is an adapted version of MINDSTRONG™ for healthcare professionals. For more information or if you have questions about how to get involved with MINDSTRONG™ visit [nursing.osu.edu/offices-and-initiatives/mindstrongtmminbodystrong](https://nursing.osu.edu/offices-and-initiatives/mindstrongtmminbodystrong) or reach out to us at: [mindstrong@osu.edu](mailto:mindstrong@osu.edu).

- **Movement and Mindful Mondays with Buckeye Wellness**

Buckeyes, during unprecedented times, let's all take time out of our day to disengage so we can re-engage! Join Buckeye Wellness in the Office of the Chief Wellness Officer live every Monday from 11:50 a.m. to noon for a movement and mindfulness break. Taking 10 minutes out of your day for self-care will help you stay focused and contribute to living healthy. Visit our [website](#) to learn more

- **LeadingWELL for Managers and Supervisors**

This leadership training series presented by the Office of the Chief Wellness Officer, Buckeye Wellness, Your Plan for Health and the OSU Health Plan is for managers and supervisors at The Ohio State University. In the workshop, participants learned applicable skills to role model self-care practices and support those that work for you.

Part I - [u.osu.edu/supervisormanagertraining/recorded-webinars/](https://u.osu.edu/supervisormanagertraining/recorded-webinars/)

Part II - Coming soon!



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- **LIVEWELL: Webinar Series for Faculty**

The COVID-19 pandemic has caused burnout, anxiety and distress among the Ohio State community. The LIVEWELL series reviewed the important role of faculty in using evidence-based tactics to support the development of resilience in students and identify strategies to help them further engage in health and wellness activities and behaviors.

Part I - [u.osu.edu/livewell/recorded-webinars/](https://u.osu.edu/livewell/recorded-webinars/)

Part II - Coming soon!

- **Mask On/Mood Up**

The Mask On/Mood Up movement is a partnership among The Ohio State University Office of the Chief Wellness Officer and Office of Student Life to promote kindness as part of a set of three evidence-based tactics with mask-wearing so that we can thrive in our day-to-day lives, help flatten the curve of the virus and allow vaccine distribution to happen safely and effectively. Learn more: [go.osu.edu/maskonmoodup](https://go.osu.edu/maskonmoodup)

- **Mental Health First Aid**

Are you interested in helping someone experiencing a mental health crisis? Nearly 35 million workdays are lost each year due to mental illness. A mental health crisis can happen to anyone at any time. We invite you to prepare yourself to help someone through their challenges with a free training to become a mental health first aid responder. This training is skills-based, experiential and evidence-based practice to teach identification and support methods for someone struggling. Learn more: [go.osu.edu/mentalhealthaid](https://go.osu.edu/mentalhealthaid)

- **Buckeye Wellness Innovators**

Share your passion for wellness and inspire your colleagues to live healthier lives. Be a part of creating an innovative wellness culture across the university by championing wellness initiatives within your department or unit. Join Ohio State's Buckeye Wellness Innovator program to receive training, tips, YP4H points and opportunities to lead and coordinate wellness events. To learn more, visit: [go.osu.edu/bwi](https://go.osu.edu/bwi).

## **Your Plan for Health**

Ohio State is committed to providing a healthy workplace environment. This improves the health of individual faculty and staff and produces even more positive results for the university overall.

Check out YP4H's resources and events for the Ohio State community: [yp4h.osu.edu](https://yp4h.osu.edu).

- **Personal Health Coaching**

As an OSU Health Plan member, you have access to free personal health coaching from a trained health professional. Your coach will support you through regular phone sessions, and when needed, connect you to community resources to assist in your journey to better health. Educational programs are available via webinar and include topics such as emotional well-being, active living, healthy eating, financial wellness, healthy habits and disease specific content.



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An electronic COVID-19 wellness care package is also sent to health coaching participants on a regular basis during this unique time with tips and resources specific to a variety of health coaching topics and family care.

- **Online Counseling Sessions (Video or Telephonic)**

Online counseling (defined as live scheduled video, phone, text and chat sessions) is a convenient way to utilize counseling sessions without leaving your home. Ohio State employees have access to five sessions at no cost. Average time from initial request for service to getting help from an online counselor is typically within 24 hours. [Request a counselor online](#), by calling **800-678-6265** or email [eap@osumc.edu](mailto:eap@osumc.edu).

- **24/7 Support (Telephonic)**

Immediate access to a licensed mental health professional offers you peace of mind that there is always someone to talk to when you are experiencing heightened anxiety, depression, difficulty attending to daily activities, trouble sleeping or other emotional concerns. Call **800-678-6265** to speak to someone any time of day or night.

- **Telephonic Coaching with an Eldercare Specialist (Telephonic)**

According to the CDC, older adults and those individuals with chronic medical conditions are at higher risk for COVID-19. This can create heightened anxiety and worry for caregivers and their elderly loved ones. You can connect with an Eldercare Specialist for support and guidance on how to best prepare and protect your loved one during this challenging time. Call **800-678-6265** or [submit an online request](#) to get connected to Eldercare Resources.

- **Financial Counseling (Video)**

Is COVID-19 causing you financial stress? You can now schedule a video conference with a [financial consultant](#) to help guide you through this challenging time. Call **800-678-6265** or [submit an online request](#) to get connected to financial counselor.

- **Mindfulness Coaching (Telephonic)**

Mindfulness training is a way to strengthen your ability to concentrate, relax, develop self-awareness and create new habits for paying attention that can decrease stress and internal friction. You have access to speak to a Mindfulness Coach who can assist you in beginning a mindfulness practice. Learn more about the benefits of mindfulness coaching by calling **800-678-6265** or [registering online](#).

- **Whil – Mindfulness & Yoga**

View videos to keep you moving, grounded and engaged. Available for benefits-eligible employees, located in your [Your Plan for Health](#) account, under “Programs.” You have 24/7 access to:

- Move Your Body at Home: Yoga exercises to move your body with no equipment needed.
- Practice Resiliency: Watch short videos to practice mindfulness, focus, and improve sleep habits.



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## Ohio State University Wexner Medical Center Resources

### **STAR (Stress, Trauma & Resilience) Program**

The Stress, Trauma and Resilience (STAR) Program at the Ohio State Department of Psychiatry and Behavioral Health offers programs and services in three basic areas: support for professionals, support for survivors, and leading-edge research. Contact For information or help through the STAR Program, **614-293-7827 (STAR)** or [STARTraumaRecoveryCenter@osumc.edu](mailto:STARTraumaRecoveryCenter@osumc.edu).

### **Mindfulness in Motion**

Gabbe Health and Wellness at The Ohio State University Wexner Medical Center offers small-group sessions teaching healthcare providers techniques in mindfulness and resiliency for the high-stress environment healthcare can create. For more information or to register, email [wellness@osumc.edu](mailto:wellness@osumc.edu).

### **Group Health Coaching**

Focused series for four to six people. Group health coaching sessions are delivered to all faculty and staff as well as department specific requests via webinar. Topics include emotional well-being, financial wellness, healthy eating and active living.

### **Buckeye Baby**

The OSU Health Plan Buckeye Baby program continues to provide educational webinars, Zoom breast feeding support groups and access to COVID-19 maternal questions and resources as pregnancy and delivery dates take place.

### **Claiming Resilience**

An interprofessional, intentional, facilitated conversation about the challenges we face in healthcare. Offered on-demand, contact Amy Rettig at **614-685-4591** or [Amy.rettig@osumc.edu](mailto:Amy.rettig@osumc.edu).

### **Remembrance and Renewal**

A holistic practice supporting staff resilience when faced with patient deaths provided monthly rotating through different buildings. Contact Amy Rettig at **614-685-4591** or [Amy.rettig@osumc.edu](mailto:Amy.rettig@osumc.edu) to learn more.



## Practice Quick Evidence-based Tactics for Stress Reduction

- Deep breathing: Use the 4-7-8 method. Breathe in for 4 seconds; hold for 7 seconds, breathe out for 8 seconds.
- Take a dose of Vitamin G for gratitude every day. Start and end each day with reflections of gratitude.
- Read 5 minutes in a positive book every morning and every night.
- CBT-skills (the ABCs). Learn more: [simplypsychology.org/cognitive-therapy.html](https://simplypsychology.org/cognitive-therapy.html).
- Use positive self-statements.
- Focus on what you can control, not those things that you cannot.
- Practice meditation and guided imagery. [Headspace](#) and [Calm](#) are evidence-based apps.
- Physical activity. Take short brisk walks; consider yoga. Even 11 minutes of physical activity a day improves cardiovascular health.
- Healthy eating – eat at least 5 fruits/vegetables daily.
- Hydrate adequately with water—at least eight 8 oz glasses per day; even mild dehydration will cause fatigue.
- Limit alcohol consumption.
- Spend time outdoors.
- Participate in virtual support groups.
- Write in a journal.
- Do something that you really enjoy, every day.
- Sleep suggestions:
  - Listen to music or white noise (e.g., rain, ocean sounds) prior to sleep. The last things you listen to will embed in your brain. Sleep is needed to repair your immune and nervous system. (Avoid listening to the news just before bed).
  - Get 7+ hours of sleep in a 24-hour period.
  - Create a pre-sleep bedtime routine and keep your sleeping environment comfortable, dark, cool and quiet.
  - Avoid alcohol, spicy foods and nicotine for at least 2-3 hours prior to sleep time.
  - Avoid caffeine at least 5 hours before bedtime (longer if sensitive to caffeine).
  - Avoid sunlight/bright lights, including the computer screen 1.5 hours prior to sleep as it can stimulate your circadian system to promote wakefulness.
  - Use strategically timed naps to decrease fatigue.
    - Short naps (15-30 minutes) can help to decrease fatigue.
    - Longer naps (1.5 hours) can help prevent fatigue before working night shift.

