



Building Resilience at Harris Health System

We expected our new normal to include a variety of health precautions. But few of us expected this much uncertainty or for it to last this long. Are workplaces opening, closing, or re-opening? What about schools and daycares? There are so many unknowns. Prolonged uncertainty can lead to anxiety, and when left unchecked, anxiety can become toxic to our physical and emotional well-being, our relationships, and our work performance. **Mental health experts advise that it is important to seek assistance before conditions like anxiety and depression get worse.**

- **Be Mindful**
 - You may be experiencing many emotions during this time, and this is normal. You may be feeling anxiety, sadness, anger and hopelessness. Allow yourself to experience these emotions without judgement. **Understand that what you are feeling is true and valid.**
 - Identify what is causing negative emotions and create boundaries to prevent triggering conversations, overworking and severe health complications.
 - What are you grateful for? Think about these things and write them down. Make sure this list is visible whenever you start experiencing negative emotions.

- **Practice Wellness**
 - Sleep resets mind and body. Make sure you are getting between 7-9 hours of quality, uninterrupted sleep each night.
 - Eating well is still important, so make sure to have nutritious, well balanced meals and drink plenty of water to keep you energized throughout the day.
 - Exercise changes your stress response. Exercising for 150 minutes a week will not only improve your mood, but will also keep you physically fit and mentally healthy.
 - Make time for self-care. Engage in activities that bring you peace and relaxation.

- **Unplug**
 - Try to take breaks from watching the news and being on social media. This will allow you to focus less on things that are beyond your control.
 - **Leave work at work.** When leaving your job for the day, try listening to your favorite song or podcast instead of engaging in work-related conversations or COVID-19 related content.

- **Ask for Help!**
 - **Please remember that you are not going through this alone.** It's ok to ask for help. Contact the EAP where professionals are waiting to help you 24/7/365.
 - Website: www.feieap.com
 - Phone: 800-638-3327
 - Username: hhs
 - **For additional information and tips**, please check out the [FEI Resource Library](#) and the [FEI Blog](#). These sites provide helpful flyers and articles on a variety of topics, including the following:
 - [Taking Care of Your Mental Health in the Face of Uncertainty](#)
 - [Avoid Tobacco-Use Relapse During COVID-19](#)
 - [Covid-19 and Domestic Violence](#)
 - [Children's Response to Trauma](#)
 - [What to Say When People Tell You Their Coronavirus Fears](#)
 - [In-the-Moment Support: A Valuable Benefit for Today's Challenges](#)



- **Build your resilience** for **free** with Cigna's [Happify™ app](#), which offers science-based games and activities to help you overcome stress and regain emotional control.
- **Overcome anxiety and depression** with Cigna's [iPrevail app](#). This digital therapy platform offers mental health programs based on your personal needs.
- **Check out our Spiritual Well-Being and Resiliency Workshops**, offered by the Employee Wellness Department. See the August schedules for the Spiritual Well-Being Workshop [here](#) and the Resiliency Workshop [here](#).
- **Well Powered Living 3.0 is here!** To learn how to live out your purpose leveraging both moral and performance characteristics, access the schedule for our newest 4 class series [here](#).
- **Classes and Healthy Knowledge Seminars on LMS and available 24/7:**
**You can only receive credit for one Wellness Class AND one Healthy Knowledge Seminar or Wellness Workshop per day through 8/31/2020. Beginning 9/1/2020, you can receive credit for one of each per day.*

- **Healthy Knowledge Seminars* (EAP Webinars)**

- Stress Management for Harris Health System
- Coping with the Uncertainty and Disruption of COVID-19
- Importance of Self-Care Webinar
- Mental Illness: Busting the Myths
- A Brain Science Approach to Mediating Conflict Webinar
- EAP Tools for Managers
- A Brain Science Approach to Being Happier Webinar
- Improving Your Overall Health
- Responding and Thriving in Organizational Change

- **Employee Wellness Classes and Workshops:**

- Mindfulness
- Meditation
- Battling Burnout
- Well Powered Living 1.0, Class 1: Personal Mission
- Well Powered Living 1.0, Class 2: Physical Energy
- Well Powered Living 1.0, Class 3: Emotional Energy
- Well Powered Living 1.0, Class 4: Mental Energy
- Well Powered Living 1.0, Class 5: Spiritual Energy
- Well Powered Living 2.0, Class 1: Review of WPL 1.0 and Healthy Eating Webinar
- Well Powered Living 2.0, Class 2: Movement Webinar
- Well Powered Living 2.0, Class 3: Sleep Webinar
- Well Powered Living 2.0, Class 4: Self Care Webinar
- Healthy Telecommuting, Class 1: Healthy Workspace
- Healthy Telecommuting, Class 2: Staying Social
- Healthy Telecommuting, Class 3: Importance of Routine
- Healthy Telecommuting, Class 4: Staying Active
- Healthy Telecommuting, Class 5: Maintaining Communication



- **Cigna Behavioral Health:**

If you or a loved one has been diagnosed with a behavioral health condition, it can be hard to know where to turn for help. **Cigna Total Behavioral Health** is here for you. This comprehensive program provides dedicated support, lifestyle coaching and educational tools. This program is available for medical plan participants.

- **Stress Management Coaching:**

Lower your stress levels and raise your happiness levels by creating a personal stress management plan with a health coach. You must be enrolled in the employee medical plan to be eligible for coaching.

- Telephonic health coaching: 855-246-1873
- Onsite health coaching: Contact Latecia Murphy
 - Office: 713-873-6407
 - Cell: 281-723-5225
 - Email: Latecia.Murphy@harrishealth.org or Latecia.Murphy@Cigna.com

Contact us at employeewellness@harrishealth.org; 346-426-1597
<https://www.harrishealth.org/employee-wellness>

Harris Health is committed to helping you achieve your best health. Incentives for participating in a wellness program are available to all eligible employees. If you think you might be unable to meet a standard for an incentives under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Crystal Cunningham at 346-426-1812 or 770.261.0247 or via email at HarrisHealth@cigna.com and we will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.