



COVID WELLNESS TIP

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WE ARE ALL IN THIS TOGETHER

WELL-BEING RESOURCE LIST, SEPTEMBER 2020

As you probably know, the **CCHS Wellness Survey** is currently open and will be **closing next week, Oct. 1, 2020!** We would like to thank some of you who have completed the survey already. We are also inviting staff who have not completed the survey yet to take it so we can hear your voice on how we can improve our Well-Being offerings: <https://bit.ly/34CR0di>.

Based on the initial survey results, we are highlighting some of the **most requested resources** to assist you while sheltering-in place, managing your hectic virtual meetings/classes, and/or avoiding mass gatherings.



SUPPORT LINE FOR ANY CALIFORNIA HEALTHCARE WORKER (FREE), Admin, Clerks, Janitorial, Building Maintenance, Food Services, Chaplains, CNA, LVN, RN, NP, MFT, Social Workers, PA, MD: **1-510-420-3222**; <https://bit.ly/2RP2kvj>



FRONTLINE WORKERS COUNSELING PROJECT (FREE): <https://www.fwcp.org>



EASY-TO-MAKE HEALTHY AND THRIFTY RECIPES AND COOKING VIDEOS (with short list of ingredients): <https://bit.ly/32M5R3E> <https://bit.ly/3kCUaCw>



HIKING, EAST BAY PARKS AND TRAILS: Enjoy the beauty of nature, explore some of the unique habitats of the East Bay, and improve your health (when the air quality is good). <https://www.ebparks.org/activities/hiking/default.htm>



BREATHING (PURSED-LIP AND BELLY BREATHING) EXERCISES: Taught by pulmonary rehab specialist to help us breathe natural and easy. Practice makes perfect. <https://www.lung.org/lung-health-diseases/wellness/breathing-exercises>



COCO READS: Countywide program that encourages everyone in the County to read and discuss the same book (like a **Book Club**)! Featured book, 09/07-10/28 – *How Much of These Hills is Gold* by C Pam Zhang. 10/28, Author Presentation. <https://ccclib.org/coco-reads/>



CONTRA COSTA HUMANE SOCIETY: View the adorable animals for foster care or adoption! <https://www.cchumane.org/>



COCOKIDS, Contra Costa Child Care Resource: <https://www.cocokids.org/>; 1-866-262-6543

SAFETY/SECURITY TIPS WHILE VIDEO CONFERENCING WITH ZOOM/OR ANY ONLINE MEETINGS: <https://bit.ly/3iG0Yi1>

We care about you. BE WELL AND TELL! Inspire us and share your joy (*Wellness hobbies, recipes, dance videos, fav. pets/nature/plants photos, poems, stories, painting, workouts, relaxation, DIY projects!*) Send them to: CovidWellness@cchealth.org. Wellness Team: Priscilla Aguirre, Claire Battis, Amanda Dold, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Kimberly Nasrul, Samir Shah, Sonia Sutherland, Arlene Trimble.