

# COVID WELLNESS TIPS

VOL. 1, ISSUE 7

## WE ARE ALL IN THIS TOGETHER



### ART OF HEALTH AND HEALING: BRIGHT SPOTS

In response to COVID-19, the Art of Health and Healing (AHH) Team is providing access to videos and live virtual events to support creativity, promote staff well-being, and build resilience. Below are some Bright Spots ideas from the AHH and Integrative Programs Team.

Alan Siegel, MD is the Chair of Art of Health and Healing. Please feel free to reach out to him.



**WELLNESS WEDNESDAYS:** <https://bit.ly/34nDWpN>; Meeting ID: 560 071 088; #233878

- 04/29, 12:30 PM – 1 PM: **Gentle Yoga** with Jodi Barry, Yoga Therapist
- 04/22, 12:30 PM – 1 PM: **Neck/Shoulder Relaxation** with Suzanne Drolet, Yoga Therapist

**ART BREAK THURSDAYS:** <https://zoom.us/j/606380521>; Meeting ID: 606 380 521

Starting 04/09, 12:30 PM – 1 PM: **Quarantine, Art & Healing** with Dr. Napoleon Dargan



### EXPRESSIVE ARTS

- **2-Min Body Parts Dance Game**, Suraya Keating: <https://vimeo.com/401650864>
- **Feelings and Resources**, Suraya Keating: <https://vimeo.com/400413933>
- **Wisdom of Nature**, Suraya Keating: <https://vimeo.com/401651256>
- **Art Journaling**, Xan Morris: <https://vimeo.com/401648929>
- **Goal Setting**, Xan Morris: <https://vimeo.com/400966579>
- **Emotional Release**, Xan Morris: <https://vimeo.com/400966608>
- **Positive Playlist**, Xan Morris: <https://vimeo.com/400966595>
- **Soften and Flow**, Xan Morris: <https://vimeo.com/400966625>
- **Meridian Tapping**, Xan Morris: <https://vimeo.com/400414703>
- **Body Mapping**, Xan Morris: <https://vimeo.com/400413691>
- **Hand Outline**, Xan Morris: <https://vimeo.com/400413555>
- **Creative Visualization**, Xan Morris: <https://vimeo.com/402332646>
- **Meditations**, courtesy of Nicki Koethner
  - Sun Meditation: <https://vimeo.com/400965326>
  - Tree-Rain Meditation: <https://vimeo.com/400966681>
  - Flute and Waves Meditation: <https://vimeo.com/400969965>
  - Rain and Ocean: <https://vimeo.com/400966673>



**We care about you.** Thank you for all the wonderful things you do here at work. We welcome your Bright Spots and heartwarming ideas, including funny, and positive videos or stories that you see here at Contra Costa. Please send them to the Covid Wellness Team at [CovidWellness@cchealth.org](mailto:CovidWellness@cchealth.org). Team Members: Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Samir Shah, Sonia Sutherland, Arlene Trimble.