

**BEST AND
BRIGHTEST®**

WELLNESS & WELLBEING IN THE WORKPLACE **RESOURCE GUIDE**

for Executives, Human Resource Leaders, and their Employees

New Content Added May, 2021

The Best and Brightest has always been a platform for dialogue and education. This guide was created to help employees, executive leadership, and organizations with wellness resources, articles, videos tips, and tools to help navigate the wellness landscape during these unprecedented times.

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WELLNESS & WELLBEING RESOURCE GUIDE

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New Ways to Stay Connected Virtually to Avoid Loneliness and Isolation

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Coalition to End Social Isolation & Loneliness

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Strategies for Coping with Isolation and Loneliness During the Coronavirus Pandemic

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<https://www.mibluesperspectives.com/virtual-webinar/social-isolation-loneliness-tips/>

ReachUsDetroit coordinated by Detroit Wayne Integrated Health Network

24/7 collaborative call center for individuals in crisis related to or triggered by the COVID-19 pandemic including Anxiety, Anger/Frustration, Isolation and Depression. Toll Free: 855-966-3313, <https://www.reachusdetroit.org>

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20 Scientific Tips to Beat Zoom Fatigue, According to Your Personality
by Vanessa Van Edwards of the Science of People

<https://www.scienceofpeople.com/zoom-fatigue/>

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<https://news.stanford.edu/2021/02/23/four-causes-zoom-fatigue-solutions/>

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by Carleigh Ferrante

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Balancing Work and Elder Care Through the Coronavirus Crisis

by Liz O'Donnell (Harvard Business Review)

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Pandemic forces family members into new role: Caregivers for Elderly Loved Ones

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Coronavirus' Impact on Gen X Caregivers by Ronda Kaysen, AARP

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by Nick Patterson

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7 Tips for Working From Home With Your Kids During the COVID-19 Outbreak

by Cynthia V. Catchings LCSW-S

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9 ways sandwich-generation caregivers can manage stress by Sasha Brown-Worsham

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Resources to Help Families

Family Pod Match

<https://familypodmatch.com/>

Family Pod Match connects families together based on their kids' grade level and school (though ages 0-5 are also accommodated), household's COVID safety practices, and the family's childcare needs. Matched families can take turns providing childcare in their homes or decide on one home as a "homebase." The service can also be used to build up larger "school pods" of multiple families to support their school's distance learning efforts, nanny-share, emergency childcare, or simply to find an occasional playmate for kids for much-needed social interaction.

ToDoolie

<https://todoolie.com/>

ToDoolie matches you with student helpers from your community to help meet the needs of underprivileged families looking to put their school age children into learning pods and to do odd jobs that you need help with.

Care.com

<https://www.care.com/>

Care.com offers an array of services that enable families to find, manage, and pay for care and provide employment opportunities for caregivers. These include a robust suite of safety tools and resources, easy ways for caregivers to be paid and obtain professional benefits, household tax and payroll services for families, and customized corporate benefits packages covering child care and senior care services. When children receive quality care in their critical formative years, they are on a path to achievement and success. When seniors receive quality care in their homes, healthcare costs decline with fewer hospital stays.

Child Mind Institute

<https://childmind.org/audience/for-families/>

The Child Mind Institute wants to help you make good decisions for your kids and navigate the challenges of parenting. They explore the concerns and challenges they hear about most from parents and provide expert guidance on how to respond in the most effective way. If you have a child who needs support, they offer resources that can help get the best care for that child and the best outcome for your family.

Childcare.gov

<https://childcare.gov/consumer-education/support-programs>

All families share some basic needs. For example, every family needs enough income to take care of basic living expenses, pay debts, save money, and build assets. Access to education, training and well-paying employment opportunities is important, as is access to safe, affordable, and reliable banking and financial services. If you are dealing with financial stress, this section provides information about many resources that may be able to help. It covers topics like health insurance and mental health services. It also has information about basic supports, like heating assistance and food assistance, that can help your family weather a temporary crisis.

COVID-19 Resources for Individuals and Families

<https://www.fns.usda.gov/disaster/pandemic/covid-19/resources-individuals-families>

As part of the federal response to the novel Coronavirus (COVID-19), the Food and Nutrition Service plays a vital role by responding to nutrition assistance needs during this pandemic. Through state and local partners, FNS is working to ensure that children and low-income Americans maintain access to food. In addition, the consumer resources listed below are provided to help individuals and families like you during this time of exceptional need and uncertainty.

Child Care Aware of America

<https://www.childcareaware.org/resources/map/>

Want to learn more about child care in your state? Need help paying for food or health care? Our State by State Resource Map can point you in the right direction. Find local resources on child care, health and social services, financial assistance, support for children with special needs, and more.

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<https://techcouver.com/2020/05/20/how-to-combat-employee-burnout-while-working-from-home/>

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Working Remotely During COVID-19: Your Mental Health and Well-being by Center for Workplace Mental Health

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<https://www.moneycrashers.com/tips-deal-employee-burnout-manager-business/>

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Escape Burnout: The Best Methods by Max Kimmel

<https://oneshotfinance.com/burn-out/>

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<https://www.everydayhealth.com/self-care/how-to-cope-with-work-from-home-burnout/>

**Managing Burnout and Compassion Fatigue Through Self-Care Strategies
by Michael Selbst, PhD., and Ashley Zultanky, Psy.D**

<https://behaviortherapyassociates.com/act/managing-burnout-and-compassion-fatigue-through-self-care-strategies/>

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<https://www.jodymichael.com/blog/how-to-avoid-leadership-burnout/>

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COVID-19: Businesses, Employers, and Workers: Coping tips for disrupted workers and families by Wisconsin Department of Health Services

<https://www.dhs.wisconsin.gov/covid-19/employers.htm>

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<https://www.osha.gov/Publications/OSHA3990.pdf>

The National Safety Council Safety Resources for Employers: Checklist, Wellbeing Information, Webinars and more

<https://www.nsc.org/work-safety/safety-topics/safe-actions-for-employee-returns-safer>

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Workplace Safety Is the Top Priority for Business Leaders in 2021 by Environment, Health, and Safety (EHS) Daily Advisor Staff

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The COVID-19 Safety Protocols That Should Be in Place Before You Return to the Workplace by Dan Gray. Fact checked by Jennifer Chesak

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6 Creative Ways to Stay Active at Home: Sneak in Exercise Throughout the Day with These Easy Ideas by YMCA Middle Tennessee

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<https://www.medstarhealth.org/medstar-blog/8-tips-for-staying-active-during-the-covid-19-pandemic/>

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Blue Cross Blue Shield of Michigan Virtual Well-Being portal contains well-being articles, workout videos, and meditation sessions for employers and employees.

<https://www.mibluesperspectives.com>

eMindful - Purpose-Driven Mindfulness Proven Outcomes

eMindful delivers evidence-based mindfulness programs applied to everyday life and chronic conditions, promoting health, happiness, and performance.

<https://emindful.com/home/>

Fitness Things and All Pro Exercise

Fitness Things and All Pro Exercise are committed to helping you achieve your fitness goals by giving the tools needed to succeed.

<https://www.fitnessthings.com/our-story>

Henry Ford Health System

www.HenryFordLiveWell.com Henry Ford Health System Online Resource Center for health and wellness advice from Henry Ford experts, including healthy recipes, nutrition and fitness tips, news on the latest health trends, and more.

<https://www.henryford.com/coronavirus/employer-resources>

Now Health Group

Since 1968 NOW has provided value in natural products that empower people to lead healthier lives with supplements, personal care, aromatherapy, sports nutrition, healthy foods, and pet health.

<https://www.nowfoods.com/>

Ulliance - ULLIANCE'S LIFE ADVISOR WELLNESS® PROGRAMS

Strategies for Employee Well-being Start With The Best Wellness Programs presenteeism and overall employee engagement.

<https://www.ulliance.com/human-resource-services-solutions/life-advisor-wellness-programs/>

Therapy, Breathing, Meditation Videos

Empowering HR & Preventing HR Burnout Video By Maddy

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CBIZ 60-minute 3 Part Series On-Demand Webinars on Navigating Remote Work & Leadership Amid COVID-19: Remote Leadership, How to Lead Your Team and the Do's and Don'ts of Working Remote

<https://www2.cbiz.com/navigating-remote-work-and-leadership-during-COVID-19-on-demand-webinar-series>

Therapist Tips for Uncertain Times: Mindfulness

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Henry Ford Health System Deep Breathing 3 Minute Video

<https://www.youtube.com/watch?v=ww7v8WOZIE0>

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Webinar: Cultivating Purpose in Uncertain Times, Presenters: Dr. Richard Davidson; Center for Healthy Minds scientist, Pelin Kesebir; Healthy Minds Innovations trainer, Stephanie Wagner; and HMI collaborator Jay Vidyarthi.

https://www.youtube.com/watch?v=HnJGz6_DKAg&feature=youtu.be

Live Guided Meditations with Richard Davidson, Center for Healthy Minds

<https://centerhealthyinds.org/news/events/live-guided-meditation-with-richard-davidson>

Practicing Resilience in Community Recordings

<https://www.pcamn.org/practicing-resilience-in-community/>

Free Online Mindfulness Courses by Mindfulness Exercise

<https://mindfulnessexercises.com/free-online-mindfulness-courses/>

Coronavirus Resource Hub for Anxiety and Stress

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Meditation – Bee Breathing by BCBSM Virtual Well-Being

<https://www.mibluesperspectives.com/virtual-webinar/meditation-bee-breathing/>

Meditation – Mindful Moment by BCBSM Virtual Well-Being

<https://www.mibluesperspectives.com/virtual-webinar/meditation-mindful-moment/>

Calm App

The Calm App is for Sleep, Meditation and Relaxation. Users will experience better sleep, lower stress, and less anxiety with guided meditations, sleep Stories, breathing programs, stretching exercises, and relaxing music.

<https://www.calm.com/>

Therapy, Breathing, Meditation Videos

SynBella Health and Well-being Video Library

SynBella's Health and Well-being Video Library integrates all areas of well-being to promote healthy and happy employees, it also includes ergonomics/work from home video & guides.

<https://www.synbellalearning.com/>

3-minute Mindful Breathing Meditation (Relieve Stress) by MyLife*

<https://www.youtube.com/watch?v=SEfs5TJZ6Nk>

Deep Breathing Meditation for Anxiety by Declutter The Mind*

<https://www.youtube.com/watch?v=xIWauKS6OIQ>

Guided Meditation by Memorial Hermann*

<https://www.youtube.com/watch?v=3piTw4Fk9bo>

Progressive Muscle Relaxation Meditation Video by Counseling and Psychological Services at the University of Michigan*

<https://caps.umich.edu/article/progressive-muscle-relaxation-meditation-video>

Deep Breathing Exercise for Relaxation by Therapist Aid*

<https://www.youtube.com/watch?v=EYQsRBNYdPk&t=2s>

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**Videos added May, 2021*

Corporate Wellness Organizations, Associations, Institutes

Corporate Health & Wellness Association (CHWA)

<https://www.globalhealthcareresources.com/corporate-health-wellness-association>

The Corporate Health & Wellness Association (CHWA) is an international non-profit dedicated to providing education in health, wellness, and chronic disease prevention and management.

National Wellness Institute (NWI)

<https://nationalwellness.org/>

The National Wellness Institute (NWI) is the leader in providing professional development and engagement opportunities that support individuals from a variety of disciplines in promoting whole-person wellness.

WELCOA (Wellness Council of America)

<https://www.welcoa.org/>

WELCOA is one of the most respected resources for workplace wellness in America. With a membership in excess of 5,000 members, WELCOA is dedicated to improving the health and well-being of all working Americans.

American Mental Wellness Association

<https://www.americanmentalwellness.org/>

The American Mental Wellness Association is the umbrella organization which unites individuals and organizations together as one voice for mental wellness in the United States.

American Health & Wellness Association

<http://www.us-ahwa.org/about-us/>

American Health & Wellness Association is a non-profit organization focused on health and wellness for everyone in USA and the world. The Association aims to promote health and wellness, and to foster an atmosphere of education and engagement with health and wellness programs in USA and the world, and to provide a platform for professional individuals and organizations in the field of health and wellness to share and exchange information on technologies and products.

Rebalanced-Life Wellness Association

www.rebalanced-life.org

The distrust in the healthcare system keeps Black men from seeking care, which requires a significant shift in the culture of wellness. This innovative health association helps reduce health disparities and improve the Social & Health Conditions of African-American men.

American Heart Association

<https://www.heart.org/>

The American Heart Association (AHA) is a not-for-profit, voluntary health organization funded by private contributions. The Association's goal is to provide reliable information to the American public on prevention and treatment of heart disease and stroke.

Corporate Wellness Organizations, Associations, Institutes *(continued)*

Anxiety and Depression Association of America (ADAA)

<https://adaa.org/>

Founded in 1979, the Anxiety and Depression Association of America (ADAA) is an international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research. With more than 1,800 professional mental health members (many of whom contribute blog posts, host webinars, review website content and more), ADAA is a leader in education, training, and research. More than 11 million people from around the world visit the ADAA website annually (and click on more than 38,000,000 pages) to find current treatment and evidence-based research information and to access free resources and support. Together we are changing lives.

Substance Abuse and Mental Health Services and Administration (SAMHSA)

<https://www.samhsa.gov/about-us>

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Dept. of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

American Diabetes Association

<https://www.diabetes.org/>

American Holistic Medical Association (AHMA)

www.holisticmedicine.org

American Cancer Society

<https://www.cancer.org/>