



COMMUNITY
HEALTH CARE
ASSOCIATION
of New York State

Community Care Corner

Health Center Staff Wellness Resources

**Welcome and thank you for taking the time to be here today,
you are in the right place !**

While we wait for everyone to join us, please introduce yourself in the **chat box** by sharing:

- Your name
- Your role/Health Center
- What book or tv show have you been binging when your mind needs a break?



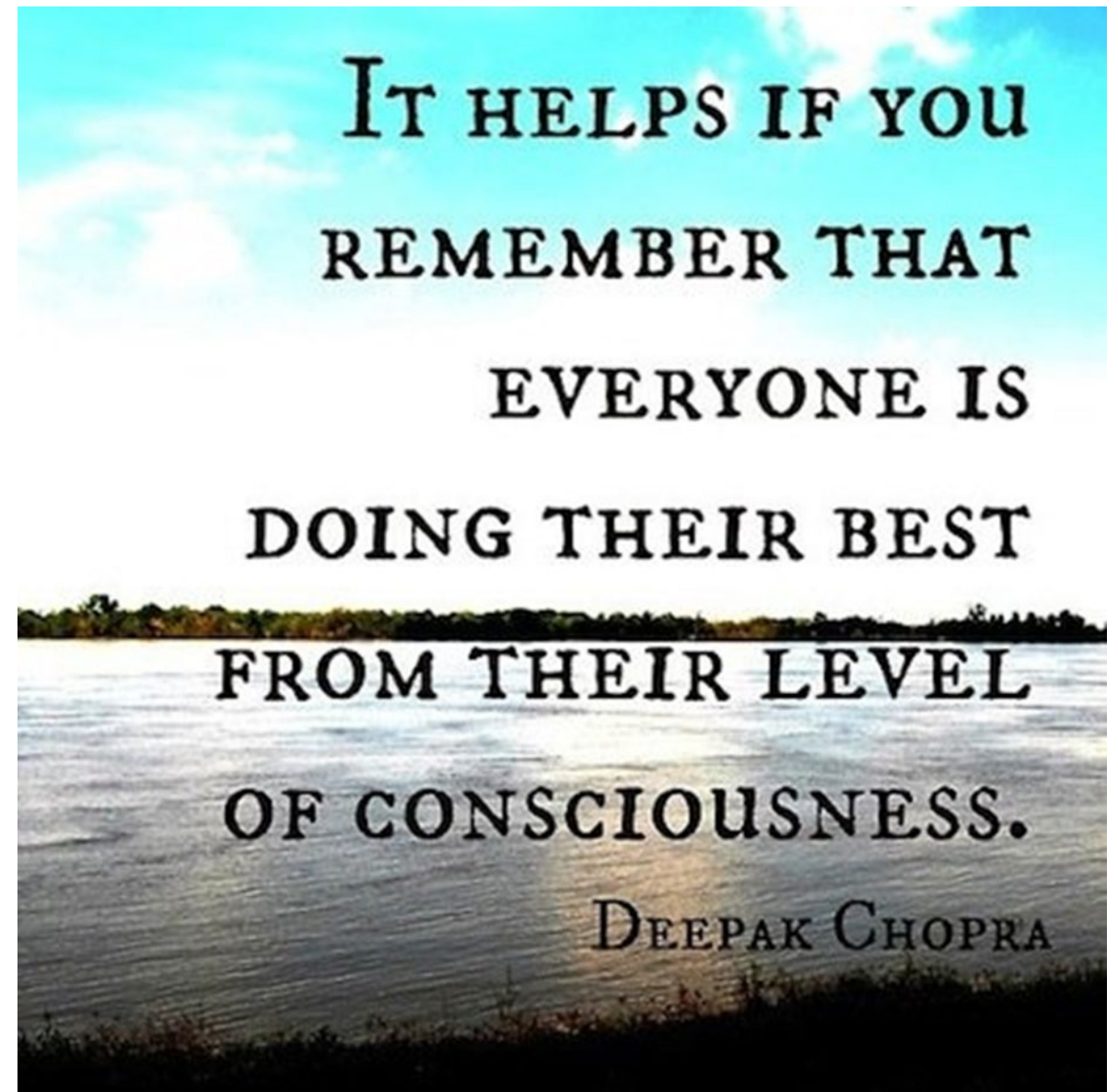
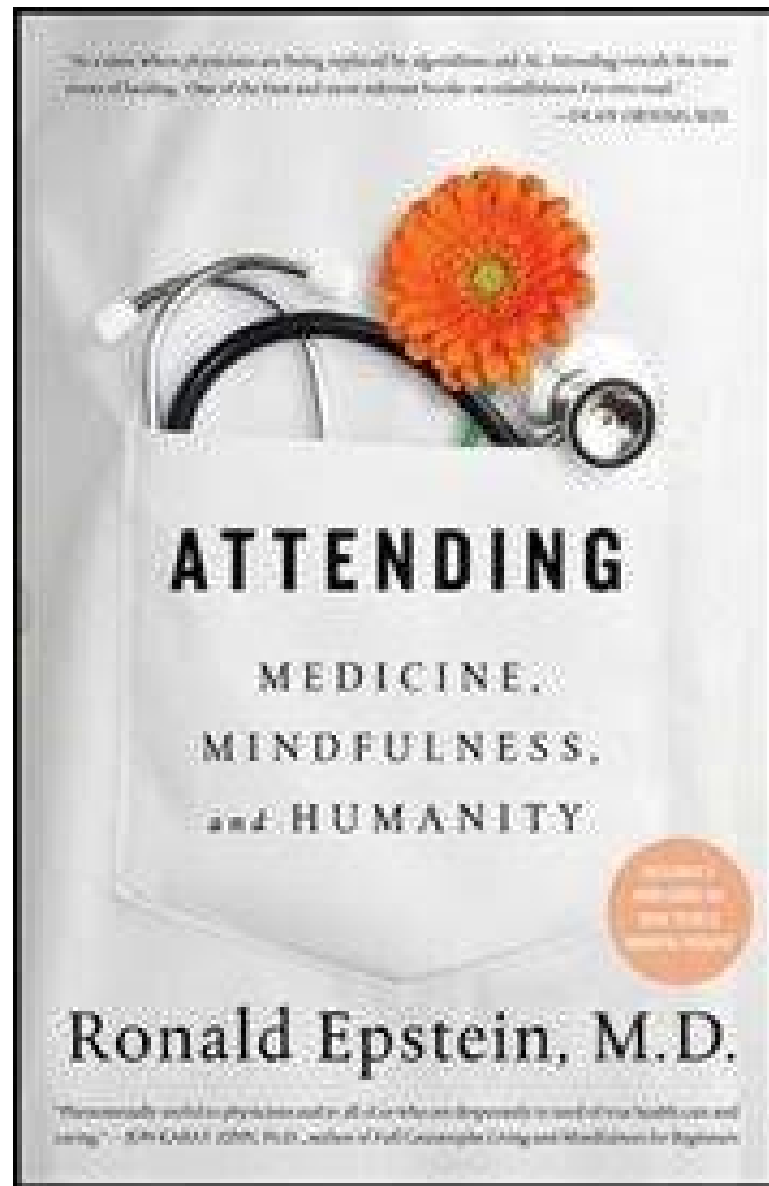
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kinshift



Kelly Davis, MPA, is KINSHIFT's Chief Equity Officer and racial and gender justice expert. Her understanding of the impact of racism on health is informed by her life experience and extensive public health career. Prior to her current role as the Chief of Birth Equity and Innovation at the National Birth Equity Collaborative, she led a series of innovative activities throughout her decade at the NYC DOHMH, including serving as one of the founding members of the Center for Health Equity and catalyzing NYC's first HIV public awareness campaign entirely focused on women.

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It's ok to...

have dodgy wifi
stand, sit or lie down for meetings
switch off your camera to have a stretch or eat an apple
have your pets, partner, housemates or children gatecrash your video conference
turn (another) video conference into a walk and a phone call instead
not check email or ping out of hours
add some gaps and pauses to your day to think and rest
put your family before your work
not know everything
be confused
say "I don't know"
ask for help
have a cry
talk about it
not talk about it
challenge things you're not comfortable with
feel like these are crazy times, because they are crazy times
have a crappy day
have a great day
share things that have helped you
smile
say you're not OK

Photo Source: Google's Wellness Manifesto



Chair Stretching

Body Scan

Guided Visualization

Picture Source: Word stock images





Take home resources

- NEW: Mental prompts document
- Previous Community Care resources
 - [Doctor, Heal Thyself: Physician Burnout in the Wake of COVID-19](#)
 - [Implementing Optimal Team-Based Care to Reduce Clinician Burnout](#)
 - Chill-while-you-chart playlists!
 - [Classical and ambient](#)
 - [Pop & RnB](#)
 - Short medications for healthcare workers
 - [Pre-Shift Affirmations For Nurses & Healthcare Workers](#) (5 minutes)
 - [Three Daily Mindfulness Practices for Healthcare Workers - From Dr. Mark Bertin](#) (10 minutes)
 - [Mindfulness Meditation with Dr. Aditi Nerurkar](#) (6 minutes)



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Please complete the evaluation survey:

<https://bit.ly/CommunityCareSept21>

We truly value your feedback!



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