

OBGYN TEAM: YOU'VE GOT THIS!

Why Wellness? At least in the world of psychology, it is an ethical mandate to also take care of yourself. Being self-aware of personal stress levels, leaning on colleagues when needed, and taking time to unplug from the news / work to recharge helps to prevent burnout and is essential to sustain yourself and the roles you take in your life.

Charting a course for managing stress. We're all experiencing added stress challenge right now. How will we respond? Consider how you might progress within the diagram below. Moving from fear to growth takes deliberate effort. Below are some strategies that may help.



Wellness Strategies: How you choose to care for yourself is a matter of the time/energy you have available, the degree of stress that you are experiencing, and personal preferences.

Need a Chance to Talk it Out? There are several Peer/Therapy/Brief Consult support services through UW : [wellbeing resources available to you as a UW Health employee](#)

Need a Quick Impact Strategy?

Music is a great way to shift mood with almost not time or effort investment. Determine what mood you want to shift to and then pick music that sets you in that direction. Here's a few of my favorites to get you started but I would love to have folks send in the songs that work for them.

Julianne's musical Go-To's

- **Makes me move:** <https://www.youtube.com/watch?v=NGYEWBTKI64>
https://www.youtube.com/watch?v=nfWlot6h_JM
- **Makes me happy:**
 - <https://www.youtube.com/watch?v=4img2ONxDBc&app=desktop> (bonus, she's from Madison)
 - <https://www.youtube.com/watch?v=Nr59G0gUBZs>
- **Comforts Me:** <https://www.youtube.com/watch?v=AWGqoCNbsvM>
- **Fortifies Determination:** (this song got me through grad school):
<https://www.youtube.com/watch?v=nvITjrNJ5IA>
- **Pushes Me:** <https://www.youtube.com/watch?v=QUQsqBqxoR4>

Breathe. As I like to say, breathing is not over-rated ;) I love the app CALM <https://www.calm.com/> It has a breathing circle that is both visual and auditory. Take 5 breaths with this and you'll have some benefit (Bonus: CALM also has sleep tools)

Humor. A great lifelong coping strategy is to keep a mental notecard with three super funny memories on it. When you're stressed pull out that mental notecard and spend a minute replaying the events in your thoughts. If someone is around, tell them the story to share the laugh. If I'm around, I'll tell you my three memories 😊

Have 12 minutes?

Guided Relaxation. Click this link to connect you with a 12-minute relaxation exercise. <https://www.youtube.com/watch?v=uAb7e-mfCMs> It's titled UW OBGYN Wellness and Relaxation Exercise. Consider doing this at least twice a day. The more you listen/practice relaxation, the more effective it becomes. Over time you may find that just repeating to

yourself a few phrases such as “my breathing is calm, deep, and regular” may elicit relaxation for you.

Self-Care:

Focus on the basics

- ✓ Protect your sleep
- ✓ Try to eat well
- ✓ Get as much sunlight as possible (keep your window blinds up on a sunny day)
- ✓ Go for a walk or bike ride or do a workout video (even 5-10 minutes will make you feel like you did something good for yourself)
- ✓ Get out of your jammies. Getting some real clothes on and spiffing up a bit can lift your mood; consider wearing some bright colors

A bit more advanced

- ✓ Create good mojo. Be generous with the Thank-You's. Help others. Even saying a kind word or giving a complement to someone is great. You'll feel better if you add a little happiness to someone else's life.
- ✓ Try to keep some space / place for yourself that feels calm. Maybe put some flowers in it or something that conveys health and comfort
- ✓ Try to notice the good in the world; the people who are helping and the people who are kind

A little more effort but worth it

- ✓ Reach out to your people (friends, family, co-workers, and community groups) in whatever way you can—calls, texts, video chats, and more. Play cards with friends online <https://www.trickstercards.com/?rev=1> is one site.. Have a driveway hangout for the Jump Around or Charades.
- ✓ Give your brain non-Covid19 time. That means talk about other stuff, play games, watch movies, cook; basically do things that you enjoy. Limit the amount of time you watch the news or read emails about Covid19.

This one's hard, but important

- ✓ Resilience is running low; give everyone the benefit of the doubt and be patient with others and yourself. This is a time when we're all vulnerable to squabbles that normally wouldn't occur. You almost never regret passing on an argument.