



# North Central Health Care

Person centered. Outcome focused.

## WELLNESS AND STRESS

March 25, 2020

### NAMI Resource Guide

Are you feeling anxious about COVID-19? NAMI has put together a guide with information and resources to learn more and manage the stress related to the outbreak. This includes a large list of online support groups and programs and a list of financial and medical resources related to the outbreak.

<https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Important/COVID-19-Updated-Guide-1.pdf?lang=en-US>

[NAMI Resource Guide](#)

### CDC: Coping with COVID-19 Stress Resources

The CDC offers lots of information about public health and prevention related to COVID-19 along with a list of resources and tips to manage stress related to the outbreak.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

[CDC Resource Guide](#)

### Headspace Relaxation App

If you're feeling overwhelmed, Headspace is a widely used app for mindfulness, meditation, and relaxation. They have pulled together COVID-19 stress management resources and are making their library of guided meditation tracks available to health care workers.

<https://www.headspace.com/covid-19>

[Headspace App](#)

### Ten Percent Happier

Ten Percent Happier is a mindfulness training course which has launched a COVID-19 resource page, offering a 6-month subscription to healthcare workers to manage stress.

<https://www.tenpercent.com/coronavirussanityguide>

[10% Happier Course](#)

### Down Dog Yoga and Exercise App

Need to stretch or burn some energy? Down Dog is a yoga and exercise app with short workouts you can do from the office or home. They are making their programs available until at least April 1st. They offer exercises for all experience levels and a 7-minute option to get a quick session in when your stressed.

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

[Down Dog Yoga App](#)



Message from Dakota Kaiser, Post-Doctoral Psychology Fellow, NCHC Outpatient Services



<https://youtu.be/JxToUBMMttw>

### YMCA On-Demand Workouts

The YMCA offers a library of free workout classes, including senior fitness, bootcamp, Tai Chi and more.

<https://ymca360.org/>

[YMCA On-Demand](#)

### Build Resilience

The CDC and APA both have information and resources about building psychological resilience in times of stress. Find recommendations on how to bounce back from stressors.

[https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/reducing-stigma.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Frelated-stigma.html](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/reducing-stigma.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Frelated-stigma.html)

<https://www.apa.org/topics/resilience/>

[CDC - Stigma](#)

[APA- Resilience](#)

### SAMSHA Disaster Distress Helpline

SAMSHA has activated its disaster distress helpline. This offers 24/7 crisis counseling and support to people experiencing distress related to disasters. **Call 1-800-985-5990**

### National Center for PTSD COVID-19 Information

The National Center for PTSD has launched a website with resources and tips for managing stress related to COVID-19 for the general public, community leaders and health care workers.

<https://www.ptsd.va.gov/covid/index.asp>

[National Center PTSD](#)

Find the latest information regarding Covid-19 Resources and NCHC Operations at [www.norcen.org/Covid-19](http://www.norcen.org/Covid-19) and [www.norcen.org/ForEmployees](http://www.norcen.org/ForEmployees)



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## FACTS AND INFORMATION

### Marathon County Public Health COVID-19 Information

Get the latest updates on COVID-19 from our partners at the Marathon County Public Health Department.

<https://www.co.marathon.wi.us/Departments/HealthDepartment/Coronavirus.aspx>

<https://www.co.langlade.wi.us/departments/health-department/general/novel-coronavirus-covid-19/>

<https://co.lincoln.wi.us/health/page/novel-coronavirus-covid-19>

Marathon HD

Langlade HD

Lincoln HD

### CDC Homepage

The CDC has built a great website including COVID-19 information. The CDC will post the latest up-to-date science and information available.

<https://www.cdc.gov/coronavirus/2019-ncov/index.html/>

CDC Homepage

### Resources for Talking with Children

Not sure how to talk to your kids about COVID-19? The CDC and PBS offer resources for talking with children about COVID-19.

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html/>

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

CDC - Kids

PBS - Kids

### TeleHealth Training

APA is offering their introduction to telehealth series free to mental health providers in order to develop the skills to serve your patients/clients by telehealth.

<https://apa.content.online/catalog/product.xhtml?eid=1513>

TeleHealth Training

## LOCAL ASSISTANCE

### United Way Resources

The United Way offers many resources ranging from mental health services to food banks. If you are in need of any services or supportive programs, check out their website or dial 2-1-1.

<https://www.unitedwaymc.org/get-help/>

<https://www.unitedway.org/local/united-states/wisconsin/united-way-of-langlade-county>

<http://unitedwayoflincolncounty.org/>

Marathon UW

Langlade UW

Lincoln UW

### Child Food Resources

Have a child at home that needs a meal? Wausau Public Schools are offering free bag lunches and breakfasts for ANY child, even if they are not WPS students. WSAW has also compiled a list of restaurants working to feed hungry children.

<https://www.wsaw.com/content/news/2-Wausau-restaurants-to-help-feed-hungry-students-568828061.html>

[http://www.wausauschools.org/UserFiles/Servers/Server\\_808843/File/2019-2020/Nutrition/Meal%20Service%20During%20Closure%20\(COVID-19\).pdf](http://www.wausauschools.org/UserFiles/Servers/Server_808843/File/2019-2020/Nutrition/Meal%20Service%20During%20Closure%20(COVID-19).pdf)

Restaurant Hunger Programs

School Lunch Programs

### Greater Wausau Regional Chamber Resources

Need the latest news on open businesses or how this is impacting the business community? The chamber has a webpage devoted to resources and news related to COVID-19 and business operations in Wausau. <https://www.wausauchamber.com/Coronavirus>

Wausau Chamber

### Food Delivery List

Several restaurants are offering contactless delivery options. Below are some lists from local news agencies.

<https://www.wausaudailyherald.com/story/news/2020/03/19/coronavirus-wausau-area-restaurants-offer-delivery-takeout-food/2870557001/>

<https://waow.com/2020/03/19/area-restaurants-offering-carrying-out-delivery/>

WDH Takeout/Delivery

WAOW Takeout Delivery

### Medical and Emergency Care

Here are some links for accessing medical or emergency services.

<https://www.aspirus.org/coronavirus-covid19/>

<https://www.marshfieldclinic.org/specialties/infectious-diseases/coronavirus-update>

Aspirus

Marshfield Clinic

<https://www.ci.wausau.wi.us/Departments/Police/COVID19.aspx>

<https://www.co.marathon.wi.us/Home/Announcements/tabid/66/articleType/ArticleView/articleId/783/Marathon-County-Keeps-Citizens-Safe-and-Informed-with-Everbridge-Resident-Alerts.aspx>

Wausau PD

Marathon County

<https://co.lincoln.wi.us/>

<https://www.co.langlade.wi.us/>

Lincoln County

Langlade County

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