

# *Your Health & Wellness During COVID 19*

September 3, 2020

SFLHIMSS President Elect – Kendall Brown

SFLHIMSS Program Co-Chair – Nicole Bramblett

SFLHIMSS Program Co-Chair – Grant McGaugh

# *Thank you for joining us*

Become a SFLHIMSS member today:

<https://www.himss.org/membership-types/individual>

Thank you to our chapter sponsors:

**NUTANIX**<sup>TM</sup>

**KPMG**

**DELL** Technologies

Interested in becoming a chapter sponsor?

Click here for more information:

<http://sfl.himsschapter.org/become-chapter-sponsor>

Check out our website for upcoming events!

<http://sfl.himsschapter.org/>



Jodi Warshafsky, MS, RDN, CDCES, CSP, LDN  
Registered Dietitian  
Certified Diabetes Care and Education Specialist  
Certified Specialist in Pediatric Nutrition  
Licensed Dietitian Nutritionist





Grace Jimenez, LMFT  
Manager Community Health  
Baptist Health South Florida

# Embracing Change

Graciela Jimenez, LMFT  
Baptist Health



# What's on our Minds?





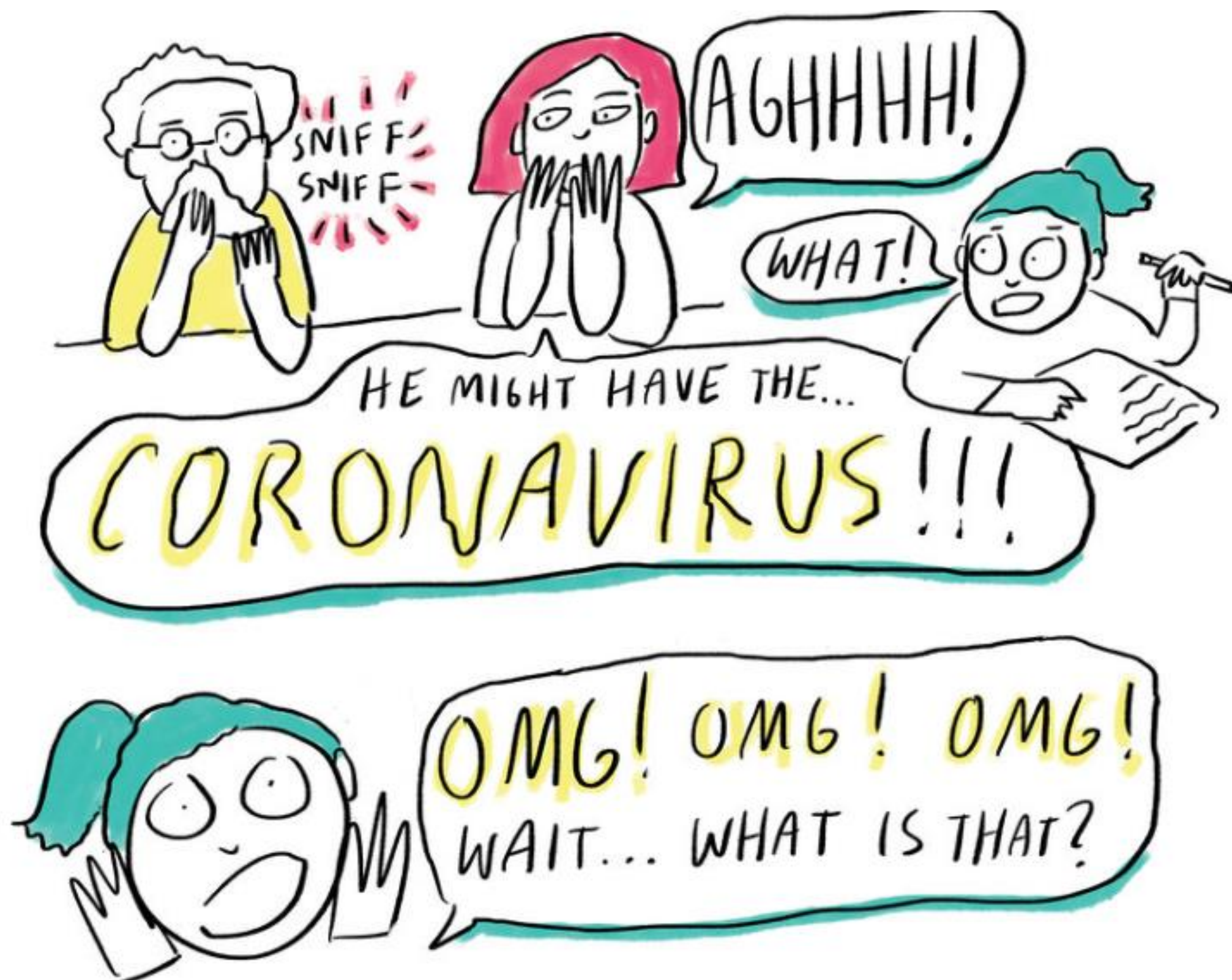
# Balancing New Roles



We have all been asked to be:

- Mothers / Fathers / Aunts / Uncles / Grandparents
- Teachers
- School Principals
- I.T. experts
- Vets
- Nurses/Doctors
- Chefs
- Mental Health Counselors
- Freelance contactors
- Independent Wealthy Millionaires







# The Playbook



- As a system we created a Playbook for our staff to know what we expected of them as well as tools and resources for their health and wellbeing.
- We also created one for our community partners.
  - <https://baptisthealth-coronavirus.com/community-support/corporate-playbook>



# Employee Support



- Regular Staff Meetings
- Provided Communication
- Created an Employee Support site
  - List of local resources including
    - Spiritual/Religious Support
    - Financial Assistance
    - Mental Health Counseling
    - Information on Self Care
    - Discounts
    - Remote Work
    - Recognition
    - Virtual Weekly Programs









# Change is ...



## Challenging.

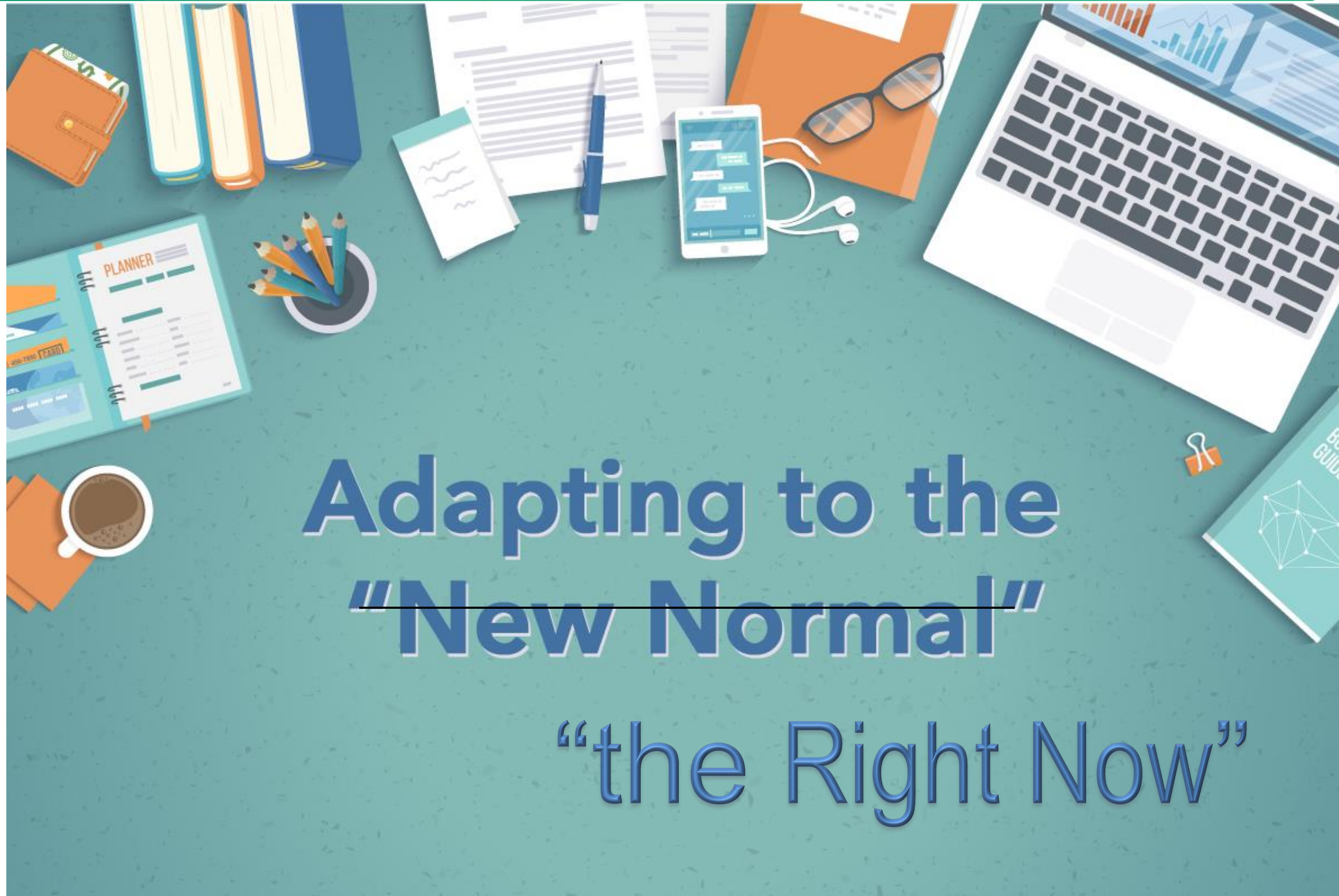


*Hans08*

## Necessary.







# Adapting to the “New Normal”

“the Right Now”

# Recognizing Stress



- Constant Changes
- Even when we choose change, it can be stress full
- But when we do not choose it, it is that much more stressful
- It is important to understand that change cause stress





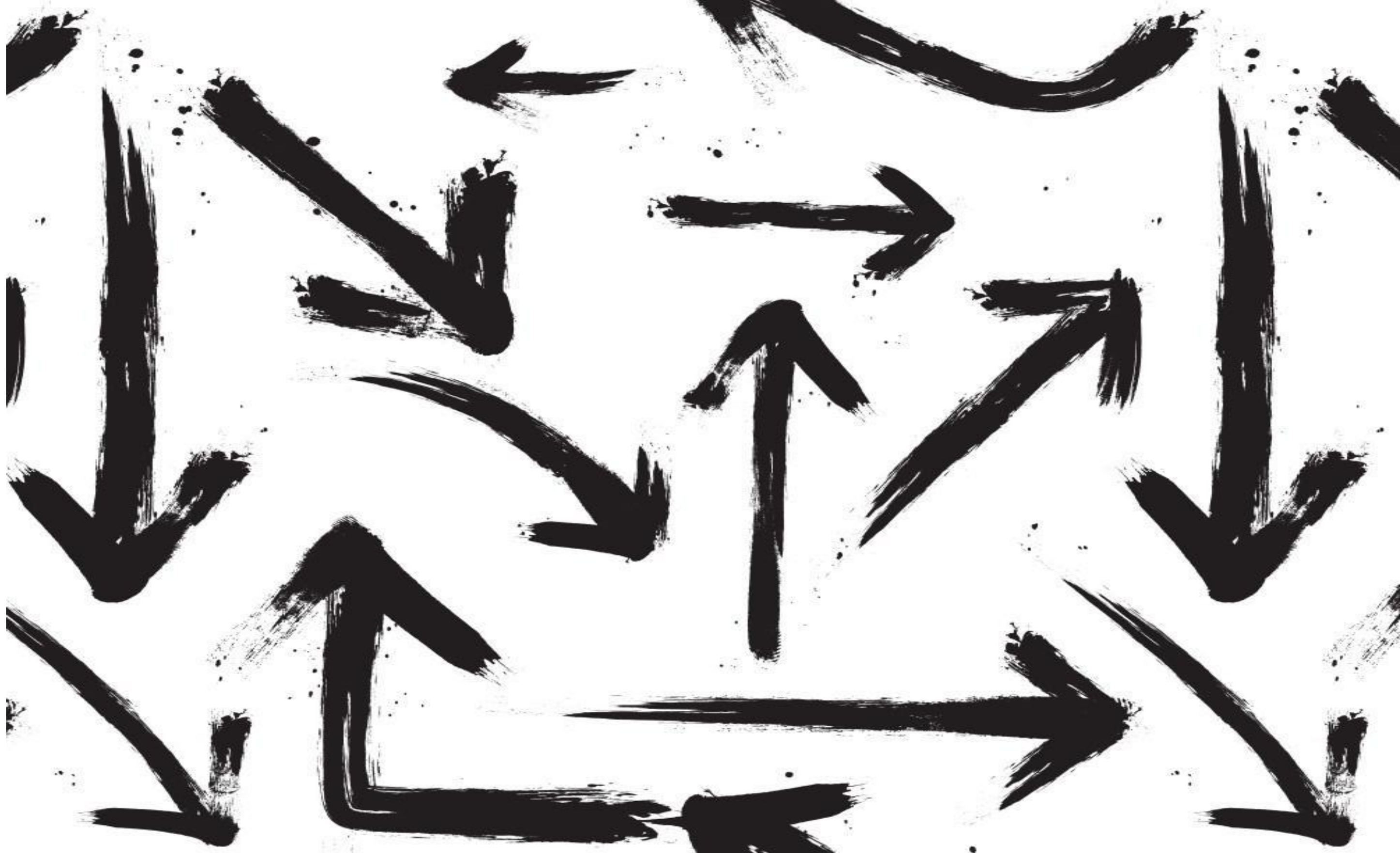
# Stress can look like



- Appetite changes
- Difficulty concentrating
- Forgetfulness/memory issues
- Gastrointestinal issues
- Increase in tobacco or alcohol
- Irritability / Sadness
- Low motivation
- Muscle tension
- Sleep disturbances



# But Don't We All Have These Symptoms???





# Who can help?



- Primary care physicians
- Pediatricians
- Psychiatrists
- Psychologists
- Therapists, Social Workers
- Religious leaders
- Employee Assistance Program
- University Counseling Center



# Self Care



- Create a schedule
- Sleep hygiene
- Physical activity
- Spend time with nature
- Connect with your support system
- Listen to music
- Laugh
- Take a warm bath/shower
- Practice gratitude





# Resources



- Dial 211
- The Recovery Village at Baptist Health  
[Floridarehab.com](http://Floridarehab.com)
- Baptist Health Care on Demand  
[Baptisthealth.net/Careondemand](http://Baptisthealth.net/Careondemand)
- Banyan Health Systems  
[Banyanhealth.org](http://Banyanhealth.org)
- Ft. Lauderdale Behavioral Health Center  
[Ftlauderdalebehavioral.com](http://Ftlauderdalebehavioral.com)
- NAMI  
[Nami.org](http://Nami.org)
- SAMHSA  
[Samhsa.gov](http://Samhsa.gov)
- NIMH  
[Nimh.nih.gov](http://Nimh.nih.gov)
- [Events.Baptisthealth.net](http://Events.Baptisthealth.net)  
[events@baptisthealth.net](mailto:events@baptisthealth.net)



**THE RECOVERY VILLAGE**  
— AT BAPTIST HEALTH —









Lizzy Chiappy  
Certified E-RYT 500-hour Yoga Instructor  
Pilates Instructor  
Founder MYP Athletes TM