



WHAT'S NEW

[Managing Anxiety and Stress During Uncertainty](#)

[Nutrition Tips For Emotional Eating](#)

[Virtual Wellbeing Resources for Montefiore Associates](#)

[2020 Virtual Healing Loss Workshop](#)

[NEW for WW: Montefiore Virtual Workshops](#)

[NEW and FREE: Check Out A Digital Stress Reduction Program](#)

[FREE Telephonic Health Coaching with an RN](#)

[Enter to Win a To Your Health! Associate Wellness Self-Care Basket](#)

SUMMER NEWSLETTER

During these unprecedented and challenging times, Montefiore associates may be having a wide range of thoughts, feelings, emotions and responses. Some may be experiencing anxiety, stress, and depression, but also may be feeling gratitude and hope for change in their lives. The To Your Health! team is here and wants to let you know that **what you are experiencing is real**. You are not alone.

As associates continue to serve the community, Montefiore recognizes that the health and wellbeing of associates is important. This edition of the To Your Health! Associate Wellness newsletter will focus on [tips and resources](#) that will support your wellbeing during these times.

TIPS & NEWS

Managing Anxiety and Stress During Uncertainty

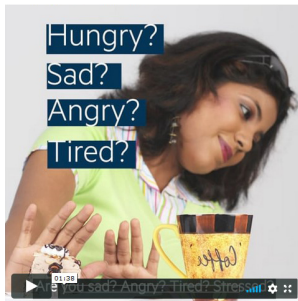
Click [here](#) for emotional support information and tips during these times.

MONTFIORE STAFF EMOTIONAL SUPPORT LINE: 718-923-8864, MON-FRI, 9AM-6PM

Support the vulnerable and those who are referred to the To Your Health! Associate Wellness Self-Care Basket for emotional support and guidance.

<p>HELPFUL EXTERNAL RESOURCES</p> <p>NATIONAL CRISIS Lifeline Support Line 1-800-989-9664 Hours: 24/7, 365 days a year</p> <p>WELLNESS 1-800-989-9664 Hours: 24/7, 365 days a year</p> <p>NATIONAL HEALTH PROMOTION 1-800-989-9664 Hours: 24/7, 365 days a year</p> <p>WELLNESS 1-800-989-9664 Hours: 24/7, 365 days a year</p> <p>WELLNESS 1-800-989-9664 Hours: 24/7, 365 days a year</p>	<p>TIPS FOR OUR MONTE HEROES</p> <p>HOW CAN I REDUCE MY ANXIETY ABOUT COVID-19? Constant worry, feeling out of control and loss of control are some of the best ways to manage anxiety. It's important to take control of your own life. Take small steps, set goals, and focus on what you can control. Stay positive, stay healthy, and stay safe. Stay connected to your support system. Stay informed. Stay calm. Stay strong.</p> <p>STAY POSITIVE Take time to relax and recharge. Take time to do things you enjoy. Take time to connect with loved ones. Take time to be grateful. Take time to be kind to yourself. Take time to be kind to others. Take time to be kind to the world.</p> <p>STAY HEALTHY Take time to exercise. Take time to eat healthy. Take time to get enough sleep. Take time to take care of yourself. Take time to take care of others. Take time to take care of the world.</p> <p>STAY CALM Take time to breathe. Take time to pause. Take time to reflect. Take time to listen. Take time to speak. Take time to act. Take time to be. Take time to live.</p> <p>STAY STRONG Take time to stand up for what is right. Take time to speak up for what is true. Take time to stand up for what is good. Take time to stand up for what is just. Take time to stand up for what is better. Take time to stand up for what is best.</p>
---	--

Also, view a [presentation](#) about anxiety featuring Dr. Dana E. Crawford and Dr. Miguelina Germán of Montefiore's Behavioral Health Integration Program (BHIP).



Nutrition Tips For Emotional Eating

Watch this [video](#) where To Your Health! Associate Wellness Nutrition Manager Jessica Shapiro shares helpful tips on eating mindfully.

Virtual Wellbeing Resources for Associates – Emotional Support, Meditation and Art Therapy

Montefiore Associate Emotional Support Resources

Click [here](#) to learn about emotional wellness resources available to Montefiore associates. Check the intranet for the most updated information and additional resources available to healthcare employees and their families.

Meditation with Dr. Camacho

Meditation, being mindful in each moment, can be a positive tool to face adversity. Click [here](#) to view a meditation session led by Fernando Camacho, MD, Director, Community Oncology Program, Montefiore Einstein Center for Cancer Care.

Montefiore

Meditations for Montefiore Associates



Mindfulness with Dr. Boatswain

Click [here](#) for a brief video featuring To Your Health! Associate Wellness Wellbeing Manager Dr. Brenda Boatswain where she leads an exercise of deep breathing for emotional wellbeing.



Art Therapy for Stress Relief

Art can be a useful tool to relieve stress. Check out this [video](#) featuring the To Your Health! Creative Wellness Program Manager Stephanie Saklad for a brief art therapy exercise.



2020 Virtual Healing Loss Workshop



Many associates serve as caregivers, which provides a unique experience with stress. Montefiore Healing Arts and Human Resources offer “Healing Loss”, a powerful experiential and educational program that provides participants with the opportunity to identify and work through some of the losses, grief, trauma, and other changes that often occur in caregivers’ lives.

Email HealingArts@montefiore.org for more information.

NEW from WW, Weight Watchers Reimagined: Join the WW Virtual Workshops

Always wanted to attend a WW workshop but couldn’t make it work with your schedule? WW now has hundreds of live Virtual Workshops available at all days and times. This is a great opportunity for new and existing WW members to take advantage of the support and community. Check out this short [video](#) to learn more.



Missing your WW Workshop in the Workplace? WW will be launching a private WW Virtual Workshop exclusively for Montefiore associates the week of July 13th. Get ready to see familiar faces and join together for a weekly live workshop guided by a WW Coach and stay tuned for more information on Montefiore’s WW [website](#).

Not a WW member? Click [here](#) for more information about the Montefiore WW discount.

FREE for Montefiore Associates: A Digital “Stress Less” Program from Lark

Lark, a health management platform, is offering Montefiore associates free 24/7 access to a smartphone-based wellness app which includes artificial intelligence coaching support. Montefiore associates can use Lark's coaching support for their health, including diet, sleep and exercise, and utilize stress management tools now through August 31st! After August 31st, associates will be moved into Lark's free app or can cancel at any time.



Click [here](#) for more information and to get started.

As Always, To Your Health!

Is Here For Associates

Let Us Know If You Need Support –

We Are And Continue To Be Available

Virtually



FREE Nutrition Counseling with a Registered Dietitian!

Montefiore offers associates FREE nutrition counseling virtually. Click [here](#) for nutrition counseling information and to make an appointment.



FREE Supportive Wellness Services with a Licensed Psychologist!

Montefiore offers FREE virtual stress management coaching and resource referrals to associates! Click [here](#) to learn more about supportive wellness services and to make an appointment.



FREE Creative Wellness Services with a Licensed Art Therapist!

Montefiore offers FREE Creative Wellness individual consultations and group workshops to associates. Click [here](#) to learn more about available programs and to make an appointment or schedule a virtual workshop.

Try out a Bring-Your-Own-Supplies virtual workshop on July 22nd at 12:30 pm on [Zoom](#); password Art. Be sure to bring pen and paper. (Video and microphone capabilities are required.)



All Associates Have Access to FREE Telephonic Health Coaching with an RN!

All associates can receive professional advice and guidance from a Registered Nurse through To Your Health! Associate Wellness. Associates are offered an unlimited number of telephonic health coaching appointments on the Wellness Portal.

To sign-up for an appointment, log into the Wellness Portal at toyourhealth.montefiore.org and select an appointment time on the event calendar.

To learn more about Telephonic Health Coaching, click [here](#).

Share A Joyful Moment & Enter a Raffle to Win a To Your Health! Self-Care Basket



To Your Health! Associate Wellness wants to know what is bringing you hope or joy in this season!

Email a brief statement or photo of what is currently bringing you joy to ToYourHealth@montefiore.org for a chance to win one of three self care baskets including emotional, physical and nutritional wellness goodies, and the chance to be featured in an upcoming newsletter.

Montefiore To Your Health! Associate Wellness Heroes in Action

To Your Health! Associate Wellness met the needs of the institution during their deployments at the Wakefield and Einstein campuses to check associate temperatures, distribute personal

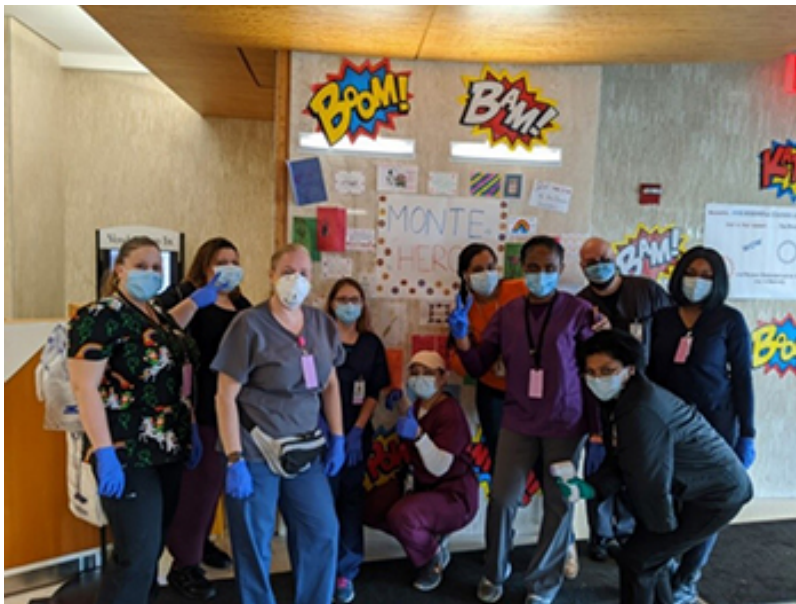
protective equipment, oversee inpatient dietetic needs, and support associate emotional wellbeing. We are here with you, and for you!



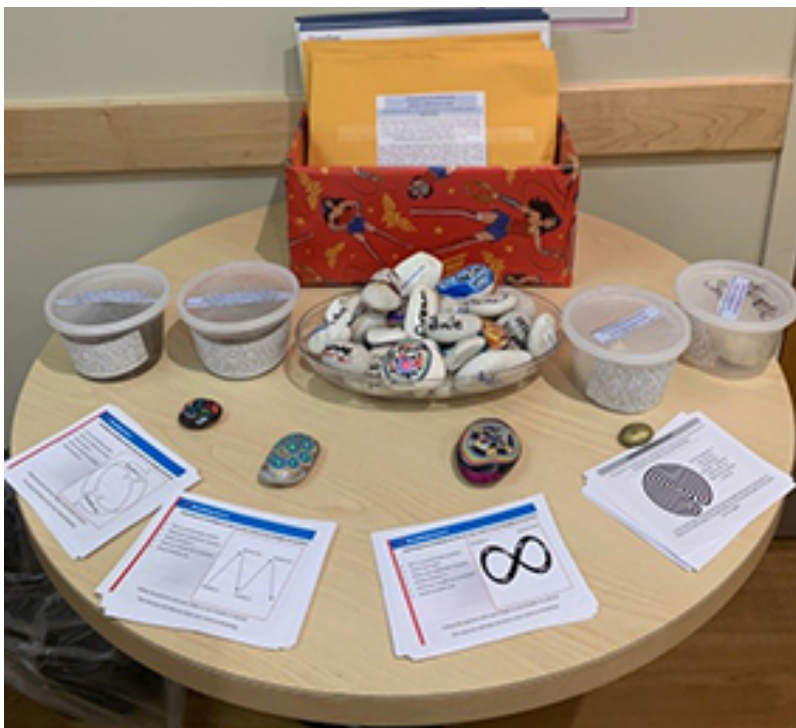
Associate Wellness Nutrition Manager Jessica Shapiro (right) with registered dietitians at the Einstein campus.



Associate Wellness Project Manager Shirley Symister (left) with colleagues at the Wakefield lobby.



Associate Wellness Wellbeing Manager Dr. Brenda Boatswain (front right) with colleagues in the Einstein lobby.



Associate Wellness Creative Wellness Manager Stephanie Saklad created thousands of therapeutic art kits which were distributed to hospital staff support centers across the Montefiore system.

