

Wellness During COVID-19

Westfield State University Office of Human Resources, Inclusion, Diversity, and Equity

Agenda

- What constitutes “wellness”
- Considerations during COVID-19
- Tips for coping
- Self-care
- The work environment
- Mindfulness
- Albert & Amelia Ferst Interfaith Center
- Employee Assistance Program (EAP)
- Yoga Fridays sponsored by the Counseling Center
- Local food pantries
- External resources

Wellness



Considerations During COVID-19

Employees who are caregivers	Anxiety & stress	Chronic health issues
Technology	Finances	Isolation
Substance abuse	Non-native English speakers	Mental health issues

Tips for Coping



Set Boundaries

- Limit physical contact with others
- Balanced approach to media consumption
- Discuss work/hour expectations with supervisor

Protect your Immune System

- Stay active, get fresh air
- Wash hands, disinfect, stay home

Get Creative

- Skype, Zoom, FaceTime, & Google Hangout your support systems
- Engage in joyful activities (hiking, crafting, meditation, podcasts, reading)

Self-Care



Self-Care

- Block off your calendar
- Find small windows of time
- Make it a habit

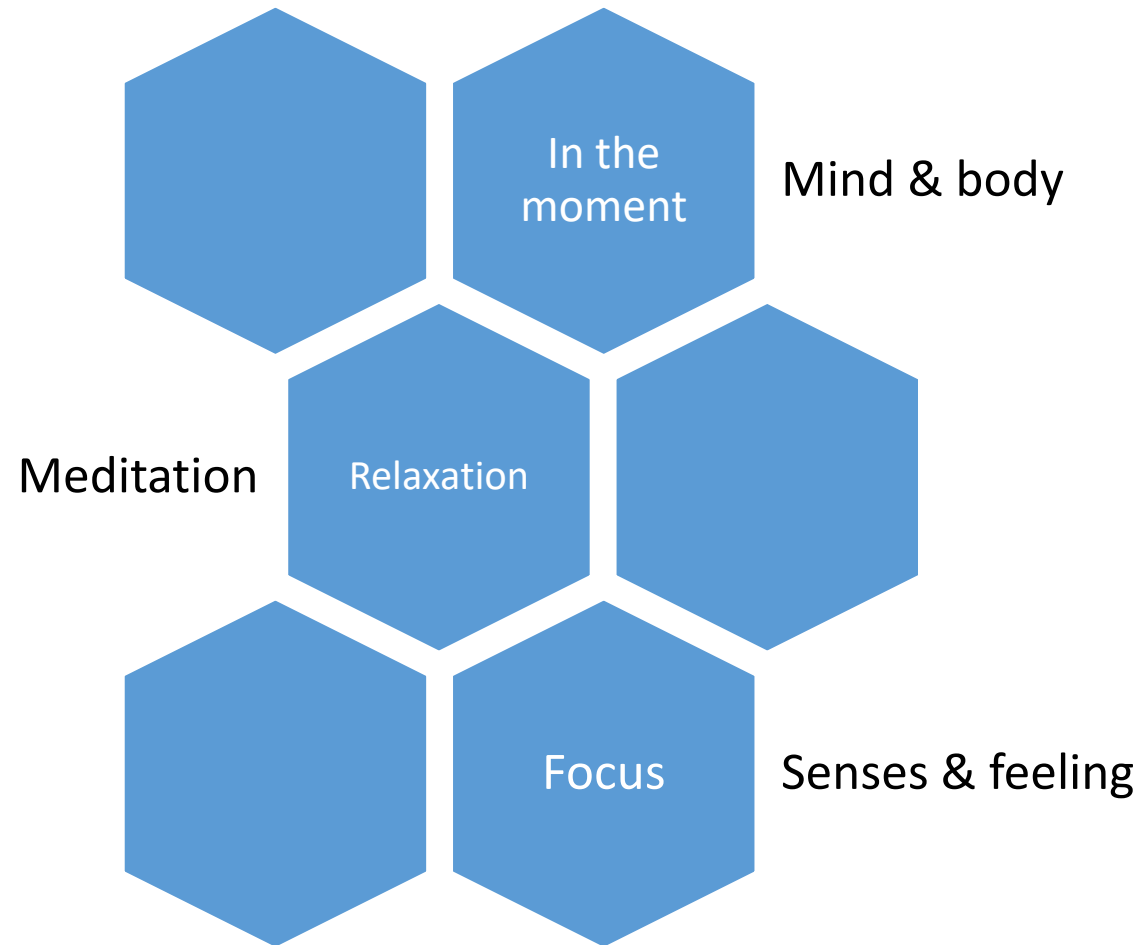


The Work Environment

- Flexibility in work schedule
- Remote work options
- Compassion, honesty & openness
- Active listening
- Communication
- Structure the day with your supervisor

Mindfulness

Mindfulness for Reducing Stress



Mindfulness Exercises



Internal Resources

Internal Resources: Albert & Amelia Ferst Interfaith Center

- Religious Services
- Spiritual Counseling & Direction
- Yoga Schedules
- Meditation Schedules
- Mental Health (Wellness) Services

Contact:
Fr. Warren J. Savage
Director and Catholic Chaplain
wsavage@westfield.ma.edu

Twenty-ninth Sunday in Ordinary Time

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This week at the Interfaith Center

18 Sunday	10:30 am	Zoom Mass	Contact Lourdes Alvarez-Ortiz
21 Wednesday	12:15 - 1:00 pm	Zoom Faculty/Staff Meditation	Contact Volker Ecke
22 Thursday	5:00 pm	Newman Club	Contact Eric Olafsen or Marc Widing
23 Friday	4:00 – 5:00 pm	Zoom Faculty/Staff Yoga	Contact Julia Nedry
	7:00 pm	Erev Shabbat Service	Contact Cantor Colman Reaboi
25 Sunday	10:30 am	Zoom Mass	Contact Lourdes Alvarez-Ortiz

**The Interfaith Advisory Council will meet the first Monday of the month.
The Interfaith Chaplains' Council will meet the first Wednesday of the month.
Contact [Fr. Savage](#)**

Employee Assistance Program (EAP)



- Financial courses & calculators
- Tips & prevention
- Articles about family & children
- Law & legal information
- Recorded webinars
- Discounts & rewards
- 800-451-1834
- Company code: westfield

<https://mylifeexpert.com/login>



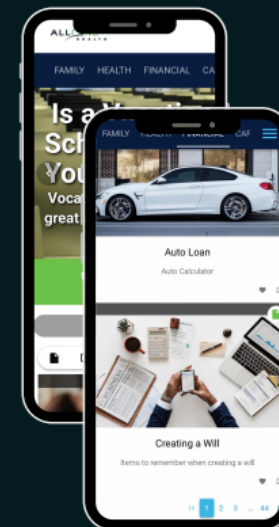
**WORK/LIFE BALANCE
AT YOUR FINGERTIPS**

**MY LIFE EXPERT ALLOWS YOU
ACCESS TO:**

- THOUSANDS of articles, videos, and worksheets
- Quick Health and Lifestyle assessments and surveys
- Interactive checklists
- Events Calendar for the latest webinars and online training sessions
- Your company's HR info and company-wide alerts
- Build your own Employee Profile
- 24/7 instant, confidential support

TO LOGIN, USE YOUR COMPANY CODE:

westfield



ACCESS YOUR FULL EAP BY CALLING:

1-800-451-1834,

DOWNLOADING THE APP BY

VISITING: WWW.MYLIFEEXPERT.COM

OR

SIMPLY SCAN THIS QR CODE

**ALLONE
HEALTH**

Internal Resources:
Yoga Fridays
Sponsored by the Counseling Center

Zoom info:

<https://us02web.zoom.us/j/81892571861?pwd=OVNxc2RTSnpaa0s0eGJBQW8zQWwydz09>

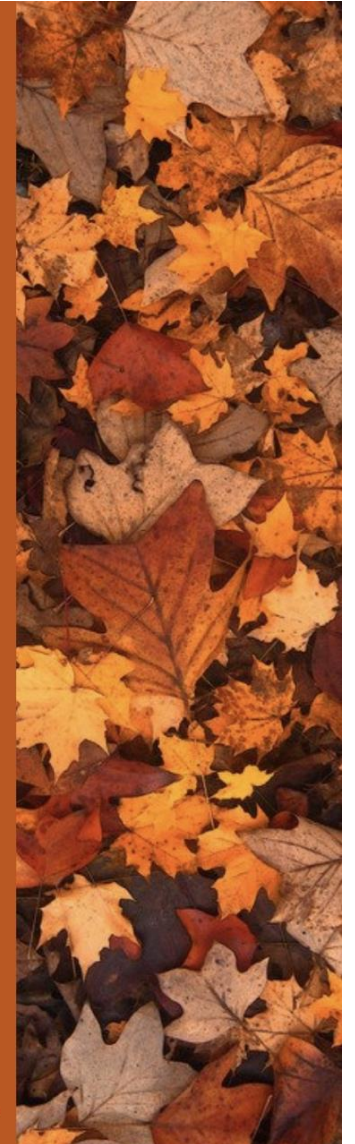
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FALL IN
LOVE
WITH
FREE
YOGA
FRIDAYS

Every Friday
from 4 to 5pm

Password = wsuyoga



Local Food Pantries & Soup Kitchens

Common Goods Food Pantry

Tues 1 PM - 4 PM

2nd Congregational
Church, 487
Western Ave.

commongoods@westfield.ma.edu

www.westfield.ma.edu/commongoods

Our Community Table Westfield Soup Kitchen

101 Meadow
Street (on the
corner of Meadow
and White)

Grab and go meals
413-572-9147

www.westfieldsoupkitchen.org

External Resources

External Resources

Disaster Distress Helpline

- Text/call 1-800-985-5990
- [Substance Abuse and Mental Health Services Administration Website](#)

National Domestic Violence Hotline

- 1-800-799-SAFE (7233)
- [National Domestic Violence Hotline Website](#)

National Suicide Prevention Lifeline

- 1-800-273-TALK (8255)
- [National Suicide Prevention Lifeline Website](#)

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

External Resources

National Child Abuse Hotline

- 1-800-4AChild (1-800-422-4453)
- Text 1-800-422-4453
- [Childhelp National Child Abuse Hotline](#)

National Sexual Assault Hotline

- 1-800-656-HOPE (4673)
- [National Sexual Assault Online Hotline](#)

Veteran's Crisis Line

- 1-800-273-TALK (8255)
- Text: 8388255
- [Veteran's Crisis Line](#)

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

External Resources: Local Domestic Violence Programs

Program	Location	Phone Number
Elizabeth Freeman Center	Pittsfield	24/7 Crisis Hotline: (866) 401-2425
Safe Passage	Northampton	24/7 Crisis Hotline: (413) 586-5066 24/7 Crisis Hotline: (888) 345-5282
New England Learning Center for Women in Transition (NELCWIT)	Greenfield	24/7 Crisis Hotline: (413) 772-0806
Womanshelter/Companeras	Holyoke	24/7 Crisis Hotline: (413) 536-1628
YWCA – Arch	Springfield	(800) 796-8711
YWCA - New Beginnings	Westfield	(800) 479-6245

<https://www.mass.gov/service-details/domestic-violence-programs-for-survivors>

Questions regarding Wellness During COVID-19 Training?

Contact the Office of Human Resources,
Inclusion, Diversity, and Equity:

- Gozel Pshenichnaya, COVID-19 Manager 413-572-5404 gpsHENICHNAYA@westfield.ma.edu
- hr@westfield.ma.edu
- 413-572-8730
- 413-572-5274

