

Online Mental Health & Wellness Resources

- **LifeWorks [Employee Assistance Program \(EAP\)](#)**
 - 24/7 confidential access to professional support to help employees manage stress, anxiety, grief, financial concerns, and much more
 - Connect to support by phone, video, or chat anytime, anywhere
 - Vast library of online resources for coping with trauma, building resiliency, self-care, managing change, and much more
 - Manager consultations to support leaders in dealing with sensitive workplace situations
 - University of Dayton employees and their family members can create an account **OR** enter university as their username and dayton as their password to log in (both lowercase).
 - **What's new?** We are offering a **free manager/people leader webinar** to help our clients understand the ways that EAP can help during this time. The webinar is scheduled for **March 18, 2020 at 2 p.m. EST** and any managers/people leaders interested in attending can register [here](#). The session will be recorded and will be available for playback.
 - Information is also being updated daily on login.lifeworks.com where you can access the most recent articles, podcasts, toolkits and resources. For example:

[COVID-19 \(Coronavirus\) Toolkit](#)

[COVID-19 Resources](#)

[Protecting Your Well-being During the COVID-19 Outbreak \(Infographic\)](#)

[Resilience During a Disease Outbreak, Epidemic, or Pandemic](#)

[What is Coronavirus \(COVID-19\)?](#)

[Preventive Measures: Best practices for handwashing \(Infographic\)](#)

[Managing Concerns and Anxieties about Infectious Diseases at Work](#)

[When You or Your Children Are Upset by News Reports](#)

[Investment Anxiety: Coping with a Volatile Market](#)

[Practice Happy Habits to Boost Your Psychological Well-Being](#)

[Making the Transition to Working from Home](#)

[Managing and Coaching Virtual Teams audio tip](#)

[Coping with Loneliness](#)

[Setting Work-Life Boundaries When You Work from Home](#)

[Transition Shock: Dealing with Changes in Our Work and Personal Lives](#)

- **Anthem**

- **MyStrength:** as a part of your health care benefits you have access to myStrength, a free online and mobile program that supports emotional health and well-being. Proven tools for your Mind, Body, and Spirit. This free and convenient resources is private and confidential. Visit anthem.com/mystrengthOH to get started today!
 - **LiveHealth Online:** Access LiveHealth Online to get support from doctors, therapists and psychiatrist anytime. Using LHO, you can have a private video visit on your smartphone, tablet or computer from the comfort of your own home. Telehealth is a great way to avoid unexpected costs as a result of ER and Urgent Care visits. The cost is usually \$59 dollars or less depending on your current health care plan. A copay of \$10 can be expected for employees enrolled in a UD health plan. If enrolled in the HSA plan you can expect a copay of \$49, however, you can use your HSA funds to cover the cost of the higher copay. Visit <https://livehealthonline.com/> to learn more. * Due to the current situation, wait times may be longer than normal.
 - **Solera Diabetes Prevention Program:** We hope you'll take one minute out of your day to see if you qualify for a new preventive health benefit for Anthem Blue Cross and Blue Shield members. The benefit is a lifestyle change program that's designed to help you lose weight, adopt healthy habits, and reduce your risk of developing type 2 diabetes. The program meets weekly for 16 weeks, then monthly for the balance of a year, with the goal of introducing small, incremental changes to the foods you eat and your activity level. Participants aim to lose a modest amount of weight – 5-7% of their body weight – as that has been proven to dramatically reduce the risk of developing type 2 diabetes. Take a 1-minute quiz at solera4me.com/universityofdayton to see if you qualify. Enroll and complete four weeks and you'll get a Fitbit® on us!* **P.S.** Curious about how it works? Watch a [short video](#) of participants describing their experience.
- **McGohen Brabender:** Visit www.mcgothanbrabender.com to find plan support and online resources.

- **Campus Ministry – Praying Together as UD Community Online**

- Campus Ministry is offering daily prayer online for anyone who wants to join. We are inviting students, alumni, colleagues, and friends to join a Zoom call at noon each weekday. It will last no more than 15 minutes (sometimes less) and the format will change just a bit each day, as will the leadership. It could be a moment, for you to take a deep breath, for you to know that you are standing in solidarity and prayer with others in the UD community, and more. Please feel free to share widely among your staff, students and more (Note - we have

learned a lot already about this format, and we are improving as we go along, but it is picking up and as the days go on, more people are joining). Visit go.udayton.edu/NoonPrayer to participate.

- **Fitness Apps and Online Resources:**

- LaBlast Fitness: Louis Van Amstel, creator of LaBlast Dance Fitness, is offering free online classes. See the link below if you are interested in signing up.
<https://lablastfitness.com/free-lablast-live-classes/?fbclid=IwAR3QqbhJN9y3HPrHz-hKHv3bhdnVFxxc6rokWOJMz2z-QZEKqz2hHFbpuEs>
- Pilates with Alexis: <https://www.youtube.com/watch?v=bymb945bmAg>. Participants can also go to YouTube and search for "AleXercise" to find more online sessions.
- Fitness App recommendations for iPhone and Android: MyFitnessPal, Daily Yoga, Freeletics, 5K Runner, Charity Miles, Fitbod, Sworkit, etc.
- Many more free online fitness resources available on YouTube!

- **Mindfulness Meditation Apps and Online Resources**

- Mindfulness App recommendations for iPhone and Android: Calm, Aura, Insight Timer, Smiling Mind, 10% Happier, UCLA Mindful, Headspace, Mindful, etc.
- Heartsapp by Heartfulness Meditation - Meditate with a trainer remotely
- Guided Relaxation videos - <https://vimeopro.com/user83539648/two-guided-heartfulness-sessions/video/378640491>
- Many more guided meditation sessions available on YouTube!

- **Other Resources**

- CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- WHO: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- NIH: <https://www.nih.gov/health-information/coronavirus#!/detail/403327>