MINDFULNESS IN MOTION – VIDEO SERIES

The Ohio Hospital Association has partnered with Gabbe Health and Wellness of the Ohio State University Wexner Medical Center to share free resources that were developed to address provider resilience, especially as the pandemic continues to burden our healthcare teams. These videos provide short opportunities of mindfulness and reflection for providers. Please use and share this resource with your teams.

TWO-MINUTE VIDEOS

Pause and Reset
You Can Do This
Climbing the COVID Mountain
Being a Calming Presence
Going with the Flow
Stand Tall and Stretch
Embracing the Unknown
Managing Expectations
Standing 2 Min Stretch
Moving Forward

FIVE-MINUTE VIDEOS

ANXIETY/STRESS:

Practice Quieting the Mind
Accessing Patience
Letting Go of the Uncontrollable
Anxiety is Contagious
The Power of Belief

HAPPINESS/POSITIVITY:

Finding (Creating) Joy
Green Space: Decrease Your Mental Fatigue
Hope as a State of Being

SLEEP/EXHAUSTION:

Turning Around Exhaustion
Mindful Sleep
Why Can’t We Sleep?

Many thanks to Maryanna Klatt, PhD, Professor and her team at Gabbe Health and Wellness, and the Department of Family and Community Medicine at The Ohio State University College of Medicine!

You can learn more about the program here:
Mindfulness Program Decreases Burnout in Healthcare Workers, Study Finds
(1/5/21, Christopher Cheney, Health Leaders Media)

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