

Emotional Well-Being During the COVID-19 Crisis for Health Care Providers Webinar Series



We know this is a difficult time for everyone, especially those of you who are serving patients. Please join us for an 8-week webinar series featuring mental health and emotional wellness experts showing how health care providers can reduce personal stress during the COVID-19 outbreak.

These webinars are held via Zoom on Thursdays from noon-1:00 p.m. Advance registration is required.

Participants are encouraged to submit questions in advance to help our speakers address the full range of health care provider concerns and responses to the crisis. We also invite you to briefly share any personal tips and practices that are helping you during this time. We will share some of these tips publicly and ask that you provide your name if you would like to be identified. Please email your questions and comments to john.mccoy@ucsf.edu [1].

This webinar series is co-sponsored by the UCSF Department of Psychiatry [2], UCSF Office of Alumni Relations [3], Greater Good Science Center at UC Berkeley [4], Mindsight Institute [5], and the John W. Brick Mental Health Foundation [6].

Download: Insights From Webinar Participants [7]

UPCOMING AND PREVIOUS WEBINARS

DATE	SPEAKER(S)	TOPIC	REGISTRATION/ARCHIVE
April 2 [8]	Eve Ekman, PhD, MSW Elissa Epel, PhD Daniel J. Siegel, MD	Psychological Strategies for Acute Stress	Archived video [9]

UPCOMING AND PREVIOUS WEBINARS

DATE	SPEAKER(S)	TOPIC	REGISTRATION/ARCHIVE
April 9 ^[10]	Lisa Fortuna, MD, MPH, MDiv Bruce Perry, MD Robert Roriguez, MD	Psychological First Aid Strategies to Deal With Acute Stress	Archived video ^[11]
April 16 ^[12]	Roshi Joan Halifax, PhD	Healing Moral Distress, Moral Outrage, and Reducing Burnout	Register ^[13]
April 30 ^[14]	Daniel J. Siegel, MD	Supporting Our Youth: How to Survive and Thrive	Register ^[13]
May 7 ^[15]	Wim Hof Ashley Mason, PhD	Making Stress Work for You: Restoration Through Hormetic Stressors and Wim Hof Breathing	Register ^[13]
May 14 ^[16]	Thubten Jinpa, PhD	On the Front Lines: Compassion-Based Strategies	Register ^[13]
May 21 ^[17]	Bessel van der Kolk, MD	Resilience to Traumatic Stress: When the Body Keeps the Score	Register ^[13]
May 28 ^[18]	Esther Perel, PhD	Relationships Under Shelter: Transforming Conflict to Harmony	Register ^[13]

Resources mentioned during previous webinars

- UCSF Department of Psychiatry's COVID-19 Mental Health Resources ^[19] (see "Emotional Well-Being" section for breathing exercises)
- Greater Good's Guide to Well-Being During COVID-19 ^[20]
- Dr. Dan Siegel's Wheel of Awareness ^[21]
- Greater Good Online Institute for Health Professionals ^[22]
- Atlas of Emotions ^[23]
- Cultivating Emotional Balance in Groundless Times ^[24]

Contact Us
Psychiatry Intranet
UCSF Webmail
UCSF Main Site

Source URL (modified on 04/14/2020 - 9:27am): <https://psychiatry.ucsf.edu/coronavirus/webinars>

Links

[1]

<mailto:john.mccoy@ucsf.edu?subject=Question%2FComment%20for%20April%202%20Webcast%20on%20Emotion%20Crisis>

[2] <https://psychiatry.ucsf.edu/>

[3]

<https://click.our.ucsf.edu/?qs=42397ab9ae7daff7be45972c7b401289514e6344a5e611d16a3727200e1e3bab5d8eb6>

[4]

<https://click.our.ucsf.edu/?qs=42397ab9ae7daff771bb41deb3be78e6e247d253b3d86a2596ec69c0b368cea974686b>

[5]

<https://click.our.ucsf.edu/?qs=42397ab9ae7daff766f365077297f6a93288c2b7a8dff9cb142dfcd931f217d70f78c4e7e>

[6] <https://www.johnwbrickfoundation.org/>

[7] <https://ucsf.app.box.com/s/unrajkkzloebtv2nlgyeuwui2t3r5c5j>

[8] <https://calendar.ucsf.edu/event/200402covidwellbeing>

[9]

<https://www.youtube.com/watch?v=fW75SmaHUCc&list=PLWXu8EHZjBYoujTb4kBvNU8bhznIFvEzV&ind>

[10] <https://calendar.ucsf.edu/event/200409covidwellbeing>

[11]

<https://www.youtube.com/watch?v=6SsWFaP3AMQ&list=PLWXu8EHZjBYoujTb4kBvNU8bhznIFvEzV&ind>

[12] <https://calendar.ucsf.edu/event/200416covidwellbeing>

[13]

<https://click.our.ucsf.edu/?qs=783b02a32971737fc040413fd7f34fdda572ea1ef4374ad5d644d0ee4a6e5e1ea8dc1cd>

[14] <https://calendar.ucsf.edu/event/200430covidwellbeing>

[15] <https://calendar.ucsf.edu/event/200507covidwellbeing>

[16] <https://calendar.ucsf.edu/event/200514covidwellbeing>

[17] <https://calendar.ucsf.edu/event/200521covidwellbeing>

[18] <https://calendar.ucsf.edu/event/200528covidwellbeing>

[19] <https://psychiatry.ucsf.edu/coronavirus>

[20] https://greatergood.berkeley.edu/article/item/greater_good_guide_to_well_being_during_coronavirus

[21] https://www.drdansiegel.com/resources/wheel_of_awareness/

[22] https://ggsc.berkeley.edu/what_we_do/event/greater_good_institute_for_health_professionals

[23] <http://atlasofemotions.org/>

[24] <https://www.youtube.com/watch?v=pXXeIWiVawo>