

Overlake COVID-19 Support Resources

Prepared by Overlake's Provider Support Committee

Overlake is committed to providing support for you and your family during this challenging time. We know that the particular challenges and concerns each one of us is dealing with may vary some, so we have tried to collect many resources on this page so that you can choose ones that may be most relevant for you.

Peer support

The Peer Support Committee is a small group of trained Overlake physicians and RNs who are available for a confidential peer-to-peer conversation, in person or over the phone. Please note this resource is not intended for emergency or crisis support. You can contact us via confidential email to peersupport@overlakehospital.org

Employee Assistance Program (EAP)

Any employee of Overlake may access EAP. For more details see Karly → HR Web → COVID-19 Resources → One page Overlake EAP Summary.

External Resources

Articles on stress management, etc.:

- Institute for Disaster Mental Health Tips for Community Members. Tips for managing stress in the current environment. Some staff have found this helpful.
- World Health Organization: Coping with stress during the 2019-nCoV outbreak: https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2

Mindful meditation

- **YouTube** videos can be an easy way to try mindful meditation. Search on “guided mindful meditation” (or something similar). You can also specify the length of the meditation you seek, for example: “10 minute guided mindful meditation”, or “30 minute guided...”
- **Headspace** is a popular meditation app for your that usually requires a paid subscription, but for providers (physicians, NPs, PAs) who have an NPI number, it is currently free. <https://www.headspace.com/health-covid-19>
- **Mindfulness Northwest** is a local organization that has some free online meditation courses and other resources. www.mindfulnessnorthwest.com

Spiritual Care

- The Overlake Chaplains are available, and staff care is a priority for them. Please contact spiritual care for any urgent staff needs. 425.688.5127 (leaving voicemail will page Spiritual Care Provider), or through paging operator (425.688.5000)

Exercise:

While gyms are closed, many of us are looking for other ways to exercise:

- **YouTUBE** has many different exercise sessions available. It may take some searching to find a really good one that deals with your preferred form of exercise, but there is probably a very good one out there for any form of exercise.
- **Peloton** has extended their free trial to 90 days (previously 30 days). Signing up requires providing a credit card, and you'll be charged \$12.99 per month. They have live and on-demand classes in cycling, running, yoga, outdoor activities, strength training. (Overlake does not endorse or have a relationship with Peloton.)

<https://www.onepeloton.com/app>

Child & Elder care options:

A list of options is being maintained on Karly and can be accessed as follows: HR Web —> COVID-19 Resources (on the left hand menu) —> Childcare options.