

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



We know these are difficult times for everyone, especially those of you who are serving patients. We hope you will enjoy the videos from our 10-week webinar series featuring mental health and emotional wellness experts showing how health care providers can reduce personal stress during the COVID-19 outbreak, as well as coping with other disasters. In addition to these hour-long webinars, we have made a series of mini-videos on related topics [1].

We will host another monthly webinar series in the winter, most likely on the first Thursday of the month at noon. In the meantime, we welcome your ideas for speakers and topics. Please email them to [elissa.epel@ucsf.edu](mailto:elissa.epel@ucsf.edu) [2]. You can hear about more well-being events via [@Dr\\_Epel](#) on Twitter [3].

This webinar series is co-sponsored by the UCSF Department of Psychiatry [4], UCSF Office of Alumni Relations [5], Greater Good Science Center at UC Berkeley [6], Mindsight Institute [7], and the John W. Brick Mental Health Foundation [8].

**Download:** [Insights From Webinar Participants](#) [9]

### UPCOMING AND PREVIOUS WEBINARS

DATE	SPEAKER(S)	TOPIC	REGISTRATION/ARCHIVE
April 2 [10]	Eve Ekman, PhD, MSW [11] Elissa Epel, PhD [12] Daniel J. Siegel, MD [13]	<b>Psychological Strategies for Acute Stress</b>	Archived video [14]

## UPCOMING AND PREVIOUS WEBINARS

DATE	SPEAKER(S)	TOPIC	REGISTRATION/ARCHIVE
April 9 <sup>[15]</sup>	Lisa Fortuna, MD, MPH, MDiv <sup>[16]</sup> Bruce Perry, MD <sup>[17]</sup> Robert Rodriguez, MD <sup>[18]</sup>	<b>Psychological First Aid Strategies to Deal With Acute Stress</b>	Archived video <sup>[19]</sup>
April 16 <sup>[20]</sup>	Roshi Joan Halifax, PhD <sup>[21]</sup> Jennifer Doerhn, PhD, RN <sup>[22]</sup>	<b>Healing Moral Distress, Moral Outrage, and Reducing Burnout</b>	Archived video <sup>[23]</sup>
April 23 <sup>[24]</sup>	Daniel J. Siegel, MD <sup>[13]</sup> Margo Pumar, MD <sup>[25]</sup>	<b>Supporting Our Youth: How to Survive and Thrive</b>	Archived video <sup>[26]</sup>
April 30 <sup>[27]</sup>	Brené Brown, PhD, LMSW <sup>[28]</sup>	<b>Collective Vulnerability and Courage</b>	<i>Postponed (new date TBD)</i>
May 7 <sup>[29]</sup>	Wim Hof <sup>[30]</sup> Ashley Mason, PhD <sup>[31]</sup>	<b>Making Stress Work for You: Restoration Through Hormetic Stressors and Wim Hof Breathing</b>	Archived video <sup>[32]</sup>
May 14 <sup>[33]</sup>	Eve Ekman, PhD, MSW <sup>[11]</sup> Thupten Jinpa, PhD <sup>[34]</sup> Sanjay Reddy, MD <sup>[35]</sup>	<b>On the Front Lines: Compassion-Based Strategies</b>	Archived video <sup>[36]</sup>
May 21 <sup>[37]</sup>	Bessel van der Kolk, MD <sup>[38]</sup> David Bullard, PhD <sup>[39]</sup> Douglas Ziedonis, MD, MPH <sup>[40]</sup>	<b>Resilience to Traumatic Stress: When the Body Keeps the Score</b>	Archived video <sup>[41]</sup>
May 28 <sup>[42]</sup>	Esther Perel, MA <sup>[43]</sup> Ethan Weiss, MD <sup>[44]</sup>	<b>Relationships Under Shelter: Transforming Conflict to Harmony</b>	Archived video <sup>[45]</sup>

## UPCOMING AND PREVIOUS WEBINARS

DATE	SPEAKER(S)	TOPIC	REGISTRATION/ARCHIVE
June 4 [46]	Elizabeth Blackburn, PhD [47] Eve Ekman, PhD, MSW [48] Elissa Epel, PhD [12] Jack Kornfield, PhD [49] Daniel J. Siegel, MD [13]	<b>Resilience and Regeneration</b>	Archived video [50]

## Resources

### Week 1 (Ekman/Epel/Siegel)

- Cultivating Emotional Balance in Groundless Times [51]
- UCSF Department of Psychiatry's COVID-19 Mental Health Resources [52] (see "Emotional Well-Being" section for breathing exercises)

### Week 3 (Halifax/Doerhn)

- Helpful Tips for Providers on Working With Moral Distress and Moral Residue [53]
- Cultivating Presence in Our Encounter With Suffering [54] (includes the meditation on strength statements at the end)
- "Standing on the Edge: Finding Freedom Where Fear and Courage Meet" [55] by Joan Halifax
- Varela International Symposium: Exploring the Great Landscape of Awareness ? Insights From Neuroscience, Cognitive Science, and Buddhism [56] (free, May 29?31)
- The online contemplative support circles described by Jennifer Doerhn are based on healing circles [57].

### Week 4 (Siegel)

- The Wheel, the Pandemic and Resilience [58]: Dan Siegel's model of the mind and how one can enter a deep relaxing experience of awareness of the mind using the Wheel of Awareness
- "The Power of Showing Up: How Parental Presence Shapes Who Our Kids Become and How Their Brains Get Wired" [59] by Dan Siegel and Tina Payne Bryson

## Week 6 (Hof/Mason)

- About Wim Hof <sup>[60]</sup>
- The Wim Hof Method <sup>[61]</sup> (free mini class <sup>[62]</sup>)
- Pilot study on the Wim Hof Method examining inflammatory response to endotoxin <sup>[63]</sup>
- UCSF News: Can short-term stress make the body and mind more resilient? A new study is testing that theory <sup>[64]</sup>

## Week 7 (Jinpa/Ekman/Reddy)

- "A Fearless Heart: How the Courage to Be Compassionate Can Transform Our Lives" <sup>[65]</sup> by Thupten Jinpa, PhD
- Interview: "Thupten Jinpa on Fearless Compassion" <sup>[66]</sup>
- *Mind & Life Podcast*: "Thupten Jinpa ? Cultivating Compassion" <sup>[67]</sup>

## Week 8 (van der Kolk/Bullard/Ziedonis)

- Mindfulness Practices for Clinicians <sup>[68]</sup>
- "Coming To Your Senses" video series <sup>[69]</sup> on somatic strategies
- Trauma Research Foundation virtual conference: Psychological Trauma in the Age of Coronavirus <sup>[70]</sup> (May 28-30)
- "The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma" <sup>[71]</sup> by Bessel van der Kolk, MD

## Week 9 (Perel/Weiss)

- *New York Times* opinion article: "We're All Grieving. This Is How We Get Through It." <sup>[72]</sup> by Esther Perel, MA
- Relationships Under Lockdown: Resources from Esther Perel for Couples, Individuals, and Families Coping With the Realities of Life During COVID-19 <sup>[73]</sup>
- Clip from Esther Perel's ?Sessions? dialogue with Elissa Epel <sup>[74]</sup> on how to have emotional boundaries when needed, emotional closeness, and avoiding zoom fatigue

## Week 10 (Blackburn/Ekman/Epel/Kornfield/Siegel)

- The Lindau Guidelines <sup>[75]</sup>, a Hippocratic oath for research by Elizabeth Blackburn, PhD
- Talks on steadiness, compassion, and reducing anxiety <sup>[76]</sup> by Jack Kornfield, PhD
- Free weekly talks on science and coping <sup>[77]</sup> by Daniel Siegel, MD
- The Aging, Metabolism, and Emotions (AME) Center <sup>[78]</sup> features lectures and retreats with Elissa Epel, PhD

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Psychiatry Intranet

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**Source URL (modified on 09/11/2020 - 10:28am):** <https://psych.ucsf.edu/copingresources/webinars>

### Links

- [1] <https://psych.ucsf.edu/copingresources/videos>
- [2] <http://elissa.epel@ucsf.edu>
- [3] [http://twitter.com/Dr\\_Epel](http://twitter.com/Dr_Epel)
- [4] <https://psych.ucsf.edu/>
- [5] <https://click.our.ucsf.edu/?qs=42397ab9ae7daff7be45972c7b401289514e6344a5e611d16a3727200e1e3bab5d8eb6>
- [6] <https://click.our.ucsf.edu/?qs=42397ab9ae7daff771bb41deb3be78e6e247d253b3d86a2596ec69c0b368cea974686b>
- [7] <https://click.our.ucsf.edu/?qs=42397ab9ae7daff766f365077297f6a93288c2b7a8dff9cb142dfcd931f217d70f78c4e7e8>
- [8] <https://www.johnwbrickfoundation.org/>
- [9] <https://ucsf.app.box.com/s/unrajkkzloebtv2nlgyeuwui2t3r5c5j>
- [10] <https://calendar.ucsf.edu/event/200402covidwellbeing>
- [11] [https://greatergood.berkeley.edu/profile/eve\\_ekman](https://greatergood.berkeley.edu/profile/eve_ekman)
- [12] <https://amecenter.ucsf.edu/people/elissa-epel-phd>
- [13] <https://www.drdansiegel.com/about/biography/>
- [14] <https://www.youtube.com/watch?v=fW75SmaHUCc&list=PLWXu8EHZjBYoujTb4kBvNU8bhznIFvEzV&index=1>
- [15] <https://calendar.ucsf.edu/event/200409covidwellbeing>
- [16] <https://profiles.ucsf.edu/lisa.fortuna>
- [17] <https://www.bdperry.com/about>
- [18] <https://profiles.ucsf.edu/robert.rodriguez>
- [19] <https://www.youtube.com/watch?v=6SsWFaP3AMQ&list=PLWXu8EHZjBYoujTb4kBvNU8bhznIFvEzV&index=2>
- [20] <https://calendar.ucsf.edu/event/200416covidwellbeing>
- [21] <https://www.upaya.org/about/roshi/>
- [22] <https://www.nursing.columbia.edu/profile/jennifer-e-dohrn-dnp>
- [23] [https://www.youtube.com/watch?v=M9V3fB\\_AJZI&list=PLWXu8EHZjBYoujTb4kBvNU8bhznIFvEzV&index=3](https://www.youtube.com/watch?v=M9V3fB_AJZI&list=PLWXu8EHZjBYoujTb4kBvNU8bhznIFvEzV&index=3)
- [24] <https://calendar.ucsf.edu/event/200423covidwellbeing>
- [25] <https://www.linkedin.com/in/margo-pumar-7937aa93>
- [26] <https://www.youtube.com/watch?v=SPIDlyH9Jak&list=PLWXu8EHZjBYoujTb4kBvNU8bhznIFvEzV&index=4>
- [27] <https://calendar.ucsf.edu/event/200430covidwellbeing>
- [28] <https://brenebrown.com/about/>
- [29] <https://calendar.ucsf.edu/event/200507covidwellbeing>
- [30] [http://https://en.wikipedia.org/wiki/Wim\\_Hof](http://https://en.wikipedia.org/wiki/Wim_Hof)
- [31] <https://profiles.ucsf.edu/ashley.mason>
- [32] <https://www.youtube.com/watch?v=PwLCTt0GiM0&list=PLWXu8EHZjBYoujTb4kBvNU8bhznIFvEzV&index=5>
- [33] <https://calendar.ucsf.edu/event/200514covidwellbeing>
- [34] <https://www.compassioninstitute.com/teachers/dr-thupten-jinpa/>
- [35] <https://osher.ucsf.edu/patient-care/patient-care-team/sanjay-reddy>
- [36] <https://www.youtube.com/watch?v=oLMUpedTQ5Q&list=PLWXu8EHZjBYoujTb4kBvNU8bhznIFvEzV&index=6>
- [37] <https://calendar.ucsf.edu/event/200521covidwellbeing>
- [38] <https://www.besselvanderkolk.com/about/biography>
- [39] <https://www.drbullard.com/>

[40] <https://medschool.ucsd.edu/about/leadership/Pages/douglas-ziedonis.aspx>

[41] <https://www.youtube.com/watch?v=IWCKiiXChwU&list=PLWXu8EHZjBYoujTb4kBvNU8bhznIFvEzV&index=1>

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

[43] <https://www.estherperel.com/my-story>

[44] <https://medicine.ucsf.edu/people/ethan-weiss>

[45] <https://www.youtube.com/watch?v=d2B0uShAxsg&list=PLWXu8EHZjBYoujTb4kBvNU8bhznIFvEzV&index=2>

[46] <https://calendar.ucsf.edu/event/200604covidwellbeing>

[47] <https://blackburnlab.ucsf.edu/people/elizabeth-blackburn-phd>

[48] <https://eveekman.com/about/>

[49] <https://jackkornfield.com/bio/>

[50] <https://www.youtube.com/watch?v=wOLvj4ddw20&list=PLWXu8EHZjBYoujTb4kBvNU8bhznIFvEzV&index=3>

[51] <https://www.youtube.com/watch?v=pXXelWiVawo>

[52] <https://psych.ucsf.edu/copingresources>

[53] [https://www.youtube.com/watch?v=9HX3nb-G\\_YE](https://www.youtube.com/watch?v=9HX3nb-G_YE)

[54] <https://www.youtube.com/watch?v=4GaxafW6M-s>

[55] <https://www.amazon.com/Standing-Edge-Finding-Freedom-Courage/dp/1250101344>

[56] <https://www.upaya.org/program/varela-symposium-exploring-awareness/?id=2154>

[57] <https://healingcirclesglobal.org/>

[58] <https://drive.google.com/drive/folders/10hbW0OA1eqiM8wKTOFRAdY8fJJQ5Nfvu>

[59] <https://www.amazon.com/Power-Showing-Up-Parental-Presence/dp/1524797715>

[60] [http://en.wikipedia.org/wiki/Wim\\_Hof](http://en.wikipedia.org/wiki/Wim_Hof)

[61] <https://www.wimhofmethod.com/>

[62] <https://www.wimhofmethod.com/free-mini-class>

[63] <https://www.pnas.org/content/111/20/7379>

[64] <https://www.ucsf.edu/news/2019/03/413711/can-short-term-stress-make-body-and-mind-more-resilient-new-study-testing-theory>

[65] <https://www.amazon.com/Fearless-Heart-Courage-Compassionate-Transform/dp/1101982926>

[66] <https://www.psychotherapy.net/interview/thupten-jinpa-interview>

[67] <https://podcast.mindandlife.org/thupten-jinpa/>

[68] <https://medschool.ucsd.edu/som/fmph/research/mindfulness/Documents/14%20Mindfulness%20Practices%20for%20>

[69] <https://www.besselvanderkolk.com/blog/licia-sky-on-coming-to-your-senses>

[70] <https://www.traumaresearchfoundation.org/trauma-conference/2020>

[71] [https://urldefense.proofpoint.com/v2/url?u=https-3A\\_\\_www.amazon.com\\_Body-2DKeeps-2DScore-2DHealing-2DTrauma\\_dp\\_0143127748&d=DwMCAQ&c=iORugZls2LIYyCAZRB3XLg&r=Vbc3E273xoxHQhVyWi4DfE5OLwAwFAg7wd68jUTqKFoYMplaWTcE&s=pp\\_PFOpehZW7E6dhrH-r2WH05DB0galKWwhcpxR3k-U&e=](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.amazon.com_Body-2DKeeps-2DScore-2DHealing-2DTrauma_dp_0143127748&d=DwMCAQ&c=iORugZls2LIYyCAZRB3XLg&r=Vbc3E273xoxHQhVyWi4DfE5OLwAwFAg7wd68jUTqKFoYMplaWTcE&s=pp_PFOpehZW7E6dhrH-r2WH05DB0galKWwhcpxR3k-U&e=)

[72] <https://www.nytimes.com/2020/04/22/opinion/esther-perel-coronavirus.html>

[73] <https://ucsf.box.com/s/735d3x02nosb7ax491hfjt85fqpgzmn2>

[74] <https://www.youtube.com/watch?v=OMuHDjSr1gg>

[75] <http://www.lindauguidelines.org/>

[76] <https://jackkornfield.com/meditations/>

[77] <https://www.crowdcast.io/drdansiegel>

[78] <https://amecenter.ucsf.edu/>