

Caring for **YOU** – so you can continue to care for others

Feelings of fear, anxiety and stress are completely natural – especially in health care. Virtua Health is committed to supporting the well-being of all our colleagues and has several options to help.



NEED HELP? 856-872-3137

CALL THE BE WELL COLLEAGUE SUPPORT LINE: 856-872-3137

Free, comprehensive, confidential support by licensed professionals.

Hours of Operation:

- Monday through Friday 8 AM - 4 PM



ONLINE WELLNESS RESOURCES

As we continue to take care of our patients, our family members and each other, it's also important we take time to care for ourselves.

Visit the **VINE - Coronavirus Updates, Helpful Colleague Resources** to access a wide-array of free self-care resources.

- Carebridge wellness and life management resources
- Online resources such as articles, webinars, TED Talks and pod-casts
- Apps offering guided meditation, advice, encouraging daily messages



TIME OUT TO BREATHE

In giving so much to others, it's important to remember to give back to ourselves.

Give yourself permission to take a time out, breathe, go for a walk or simply do something that brings you peace.

It will be time well spent and help recharge the mind, body and soul.

