

WELLNESS & RESILIENCE



AT JOHNSON & JOHNSON MEDICAL DEVICES COMPANIES WE'RE COMMITTED TO SUPPORTING HEALTHCARE PROFESSIONALS AND KNOW THAT COVID-19 HAS HAD A SIGNIFICANT IMPACT ON THE MENTAL AND PHYSICAL HEALTH OF MANY FRONTLINE WORKERS.

As a result we have partnered with [Mental Health UK](#) & [Frontline19](#) to produce this *Wellness Resource Hub* that aims to signpost you towards resources that we hope will help you and your colleagues in these difficult times.

MINDFULNESS MONDAY	TOGETHER TUESDAY	WELLNESS WEDNESDAY	THOUGHTFUL THURSDAY	FUN FRIDAY
<p>How to Practice Mindfulness</p> <p>Getting Started with Mindfulness</p> <p>Health + Wellbeing Breathing Techniques</p>	<p>Show Appreciation</p> <p>Email or write to a friend that you are grateful to have in your life and tell them why</p>	<p>Stay Hydrated</p> <p>Drink 2L of water throughout the day to stay hydrated. Try infusing cucumber, ginger and citrus.</p> <p>Water Minder App</p>	<p>Lessons Learned From Failure</p> <p>Fight Fatigue resources</p> <p>Fatigue and the Anaesthetist with Mike Farquhar</p>	<p>Step by Step</p> <p>Step by Step</p> <p>Mental Health UK</p>
<p>Frontline 19</p> <p>Free and confidential service for frontline workers</p>	<p>Kindness Challenge</p> <p>Kindness Challenge By Mental Health UK</p> <p>Clic - Free online community mental health support + Networking FORUM</p>	<p>Sleep is Your Superpower</p> <p>TED Talk with Matt Walker</p> <p>Keeping well during COVID-19 @EoinDore @JenHancox c/o Sandwell + West Birmingham</p>	<p>Resilience</p> <p>Build skills to endure hardship</p> <p>Mayo Clinic</p>	<p>Cook-Along with Jonno Ng</p> <p>Jonno Ng Recipes</p> <p>Cantonese Steamed Sea Bass</p>
<p>Guided Meditation (17 mins)</p> <p>NHS Guided Meditation</p> <p>Zoom Recording (password @Meditate4u)</p>	<p>Peace to the Front Lines</p> <p>A Chaplain Brings Peace to the Front Lines of the Coronavirus Crisis</p>	<p>Protect Your Wellbeing</p> <p>Five Ways to Protect Your Well-Being as a Health Care</p>	<p>Lessons Learned From Failure</p> <p>Lessons Learned From Failure with Elizabeth Day</p> <p>Cannes Digest: Conquer Your Fear of Failure with Alain de Botton</p>	<p>Get Active</p> <p>Couch to 5K</p> <p>Coach Luke Neale Guided Run (22 mins)</p>
<p>Stress Management</p> <p>Coping with Trauma and Mental Wellness as a Healthcare Professional</p>	<p>Reduce Stress + Burnout</p> <p>Resilience on the Frontlines: We Can All Help Reduce Health Worker Stress + Burnout (jnj.com)</p>	<p>BBC Headroom Resources</p> <p>BBC Headroom Your Mental Health Toolkit</p>	<p>Self Compassion</p> <p>Self Compassion TED</p>	<p>Don't let kids have all the fun</p> <p>Free, Printable Coloring Pages for Adults</p>
<p>Managing Anxiety + Stress</p> <p>Managing your mental health as a key worker during the coronavirus outbreak Mental Health UK</p>	<p>How to Change Your Life in 5 Minutes</p> <p>Dr Rangan Chatterjee</p>	<p>How to Maximise Sleep</p> <p>Maximize Sleep</p> <p>Sleep and Mental Health</p>	<p>Coronavirus + Your Mental Health</p> <p>Coronavirus Information + Support Mental Health UK</p>	<p>Games Night</p> <p>Games Night In</p> <p>Macmillan</p>

YOUR WELLNESS RESOURCE HUB



We wanted to share some of the activities that we have run internally within J&J in the past year during the Pandemic, this may help to inspire you as you look to find new ways to build people up.

KEEPING ACTIVE

- Guided runs
- HIIT workouts
- Yoga sessions
- Virtual team activity challenges
- A Monday Message WhatsApp to the team to encourage them as the start of the week
- Bake Off challenge
- Walking meetings
- A daily step challenge (10k steps per day)
- Garden Olympics

FUN TEAM MEETING IDEAS

- Virtual Horse Racing
- Online Escape Rooms
- Kahoot! Quizzes
- Psych! App fun get to know each other activities
- Team Cook Along
- Get to know each other
- Sharing fun facts
- Favourite childhood memories
- Audible Book Club
- Share a memorable photo and explain the significance
- Guess the baby: All team members submit baby/child photos of themselves and you have to identify who they are.
- Team talent show: All team members are randomly assigned a new skill that they have to learn
- Throwback Thursday photo sharing #TBT
- Team social zoom calls with breakout rooms for larger teams

We value your feedback.

Please click the button below to complete a very short confidential survey to let us know your thoughts.

[Click here to give your feedback](#)

This content can be enjoyed as part of a month-long programme or can be utilised adhoc, as and when needed.

Please note, Johnson & Johnson Medical Ltd has collated these resources in partnership with Mental Health UK and Frontline 19 and is not endorsing any additional content affiliated with the third party links.