

Crisis Response Training

Providing Support for Health Care Staff In Crisis Situations

Topic: 7 Apps that Can be Used for Physical, Emotional and Financial Well-Being

Using technology to easily and quickly access tools that can ease your mind during crisis

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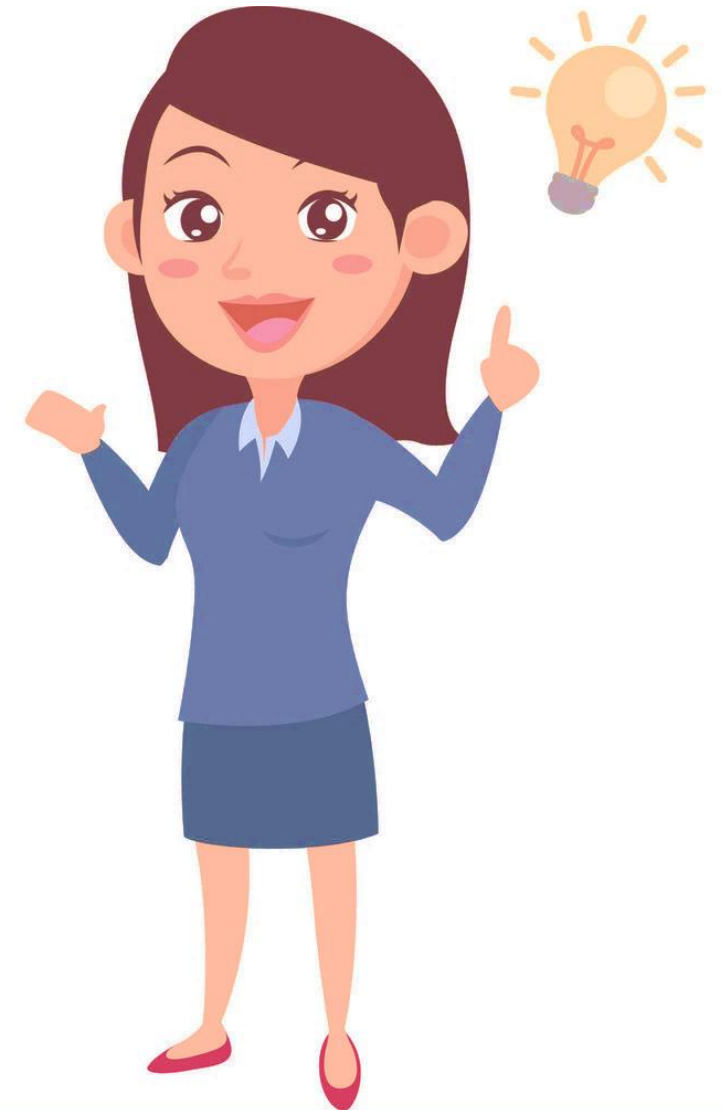
MyLearning@nychhc.org



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Thank you.



Introduction

We Survived the First Surge



Introduction

A Moment to Reflect



Introduction

**What Tools are at
our Disposal?**



Objectives

- Introduction
- Apps for Emotional Health
- Apps for Physical Health
- Apps for Financial Health
- Conclusion



Apps for Emotional Health



Headspace | Mini Meditation | Find Your Focus

Practice a relaxed sense of focus using
this one-minute meditation

<https://www.youtube.com/watch?v=IReEu2kl6ol>



Headspace.com

Headspace is meditation made simple. According to their website, this app teaches you the life-changing skills of meditation and mindfulness in just a few minutes a day. This is usually a paid service, however, due to the pandemic and its effects on society, Headspace is offering the following

- Free access for the rest of the year for all US health care professionals working in public health settings and all NHS health care professionals
- Free access to the unemployed for 1 year

Free resources on YouTube channel

<https://www.youtube.com/user/GetSomeHeadspace>



Calm.com

“We're a small and mighty team passionate about mental fitness, relaxation and sleep.”

Alex Tew & Michael Acton Smith - Calm Founders

Through <https://shop.id.me/stores/3000-calm>, Calm is offering a 57% discount to

- First Responders
- Nurses
- Government Employees

Free resources on YouTube channel

<https://www.youtube.com/user/calmdotcom>



Apps for Physical Health

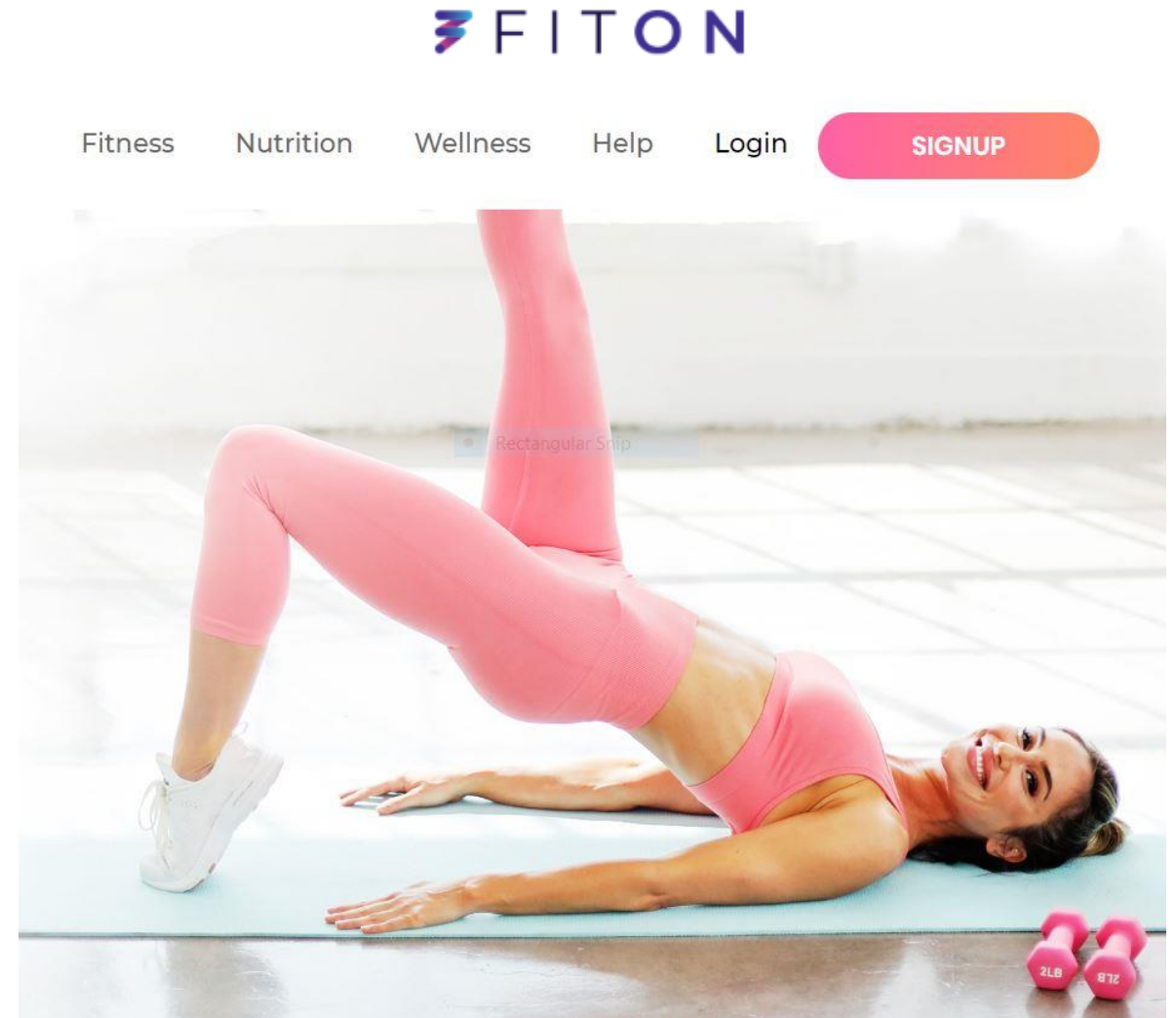


Fitonapp.com

- Great Workouts
- Always Free
- Always On
- Quick & Effective Workouts From Celebrity Trainers You Can Do Anywhere

Free resources on YouTube channel

<https://www.youtube.com/channel/UC8lu7IA1CyFQ9EavhThSsdQ>



Lower Body Fat
Burning Workout
for Women
(Danielle Pascente)
FitOn

<https://www.youtube.com/watch?v=uyoxbzFxpkl>



Myplate

Is a food and nutrition app that helps you manage your weight by doing the following

- Daily Nutrition Charts
- Daily Caloric Breakdown Fat, Protein, Carbs
- MyPlate's Community Support

<https://www.livestrong.com/myplate/>

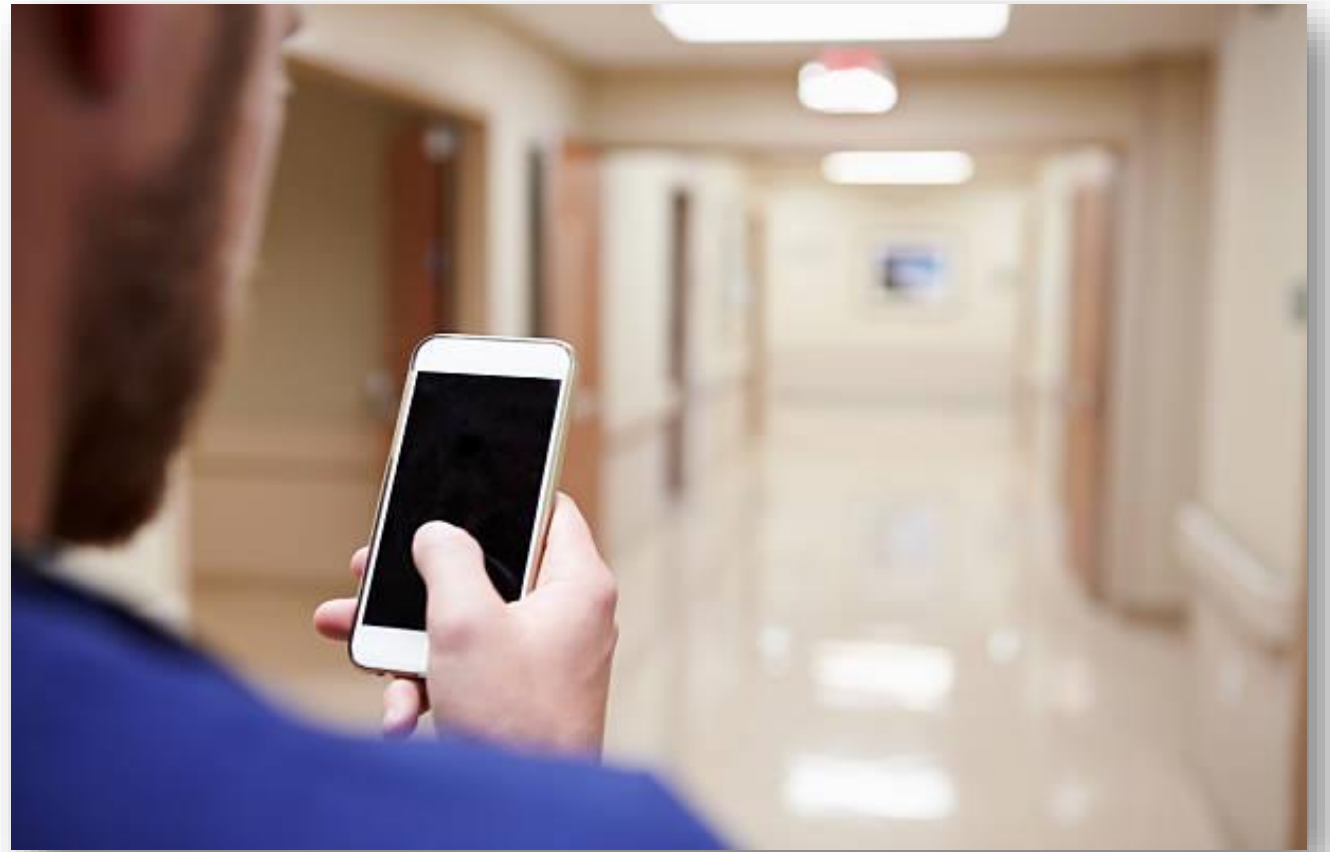


MyPlate Calorie Counter

Rectangular

Livestrong's award-winning MyPlate app is the fastest way to lose weight and improve your overall health! Join the millions who have lost weight with MyPlate — the most user-friendly app to track your food and log your workouts on your iPhone, iPad, Apple Watch and Android.





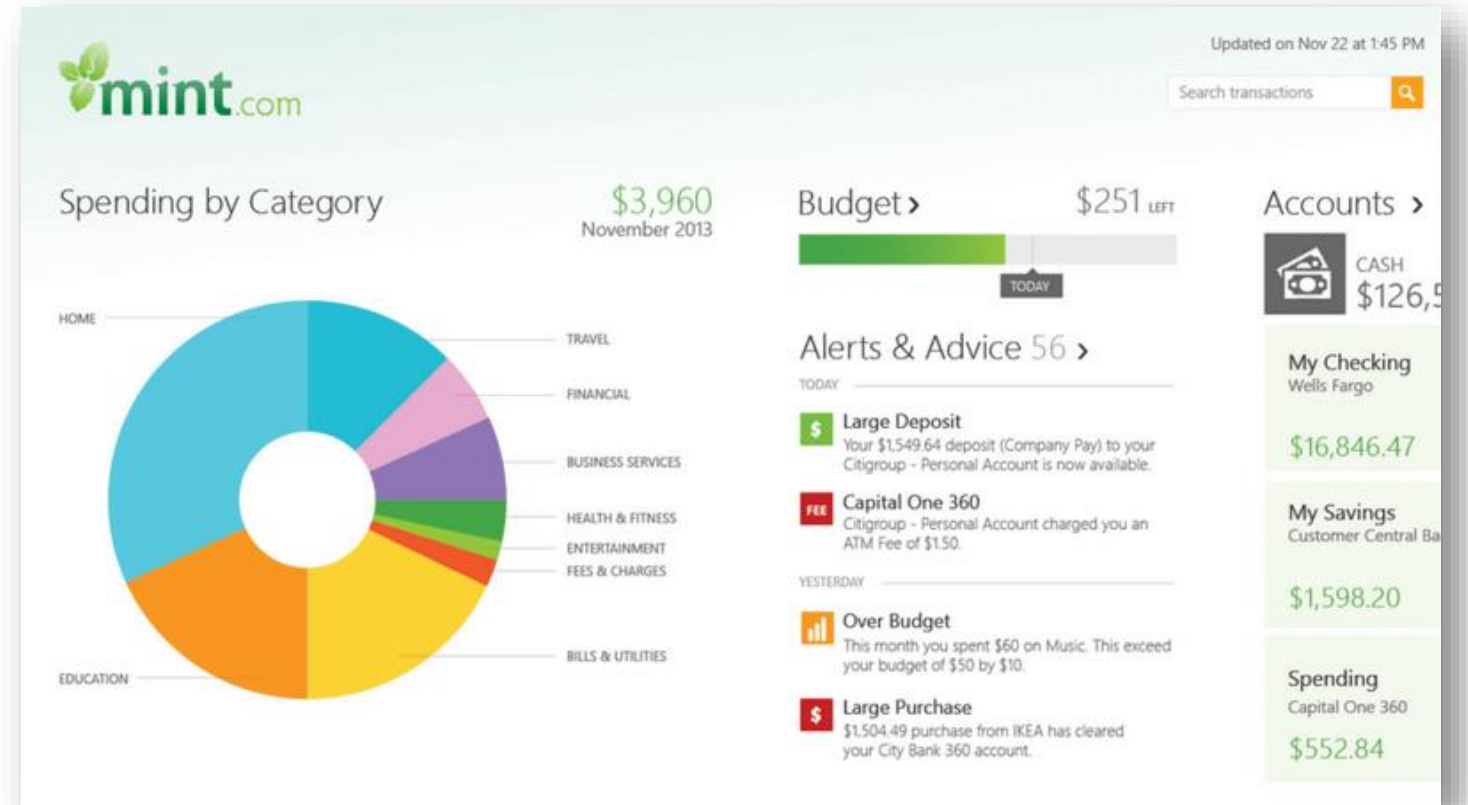
Apps Financial Health



Mint.com

Mint offers the following

- All-in-one Finances
- Budgets Made Simple
- Unlimited Credit Scores

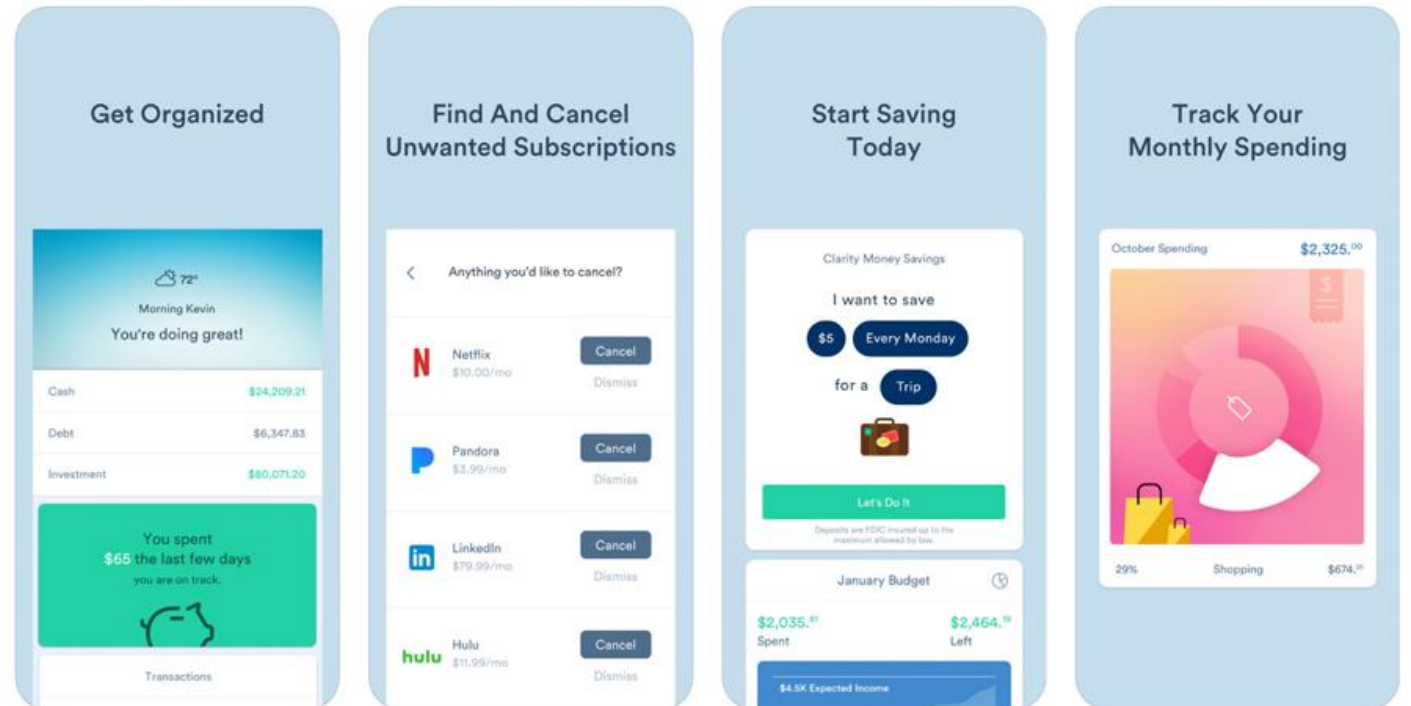


Clarity Money:

Free service that allows you to do the following

- Track Your Spending
- Grow Your Savings
- Identify Unwanted Subscriptions

marcus.com/us/en/clarity-money

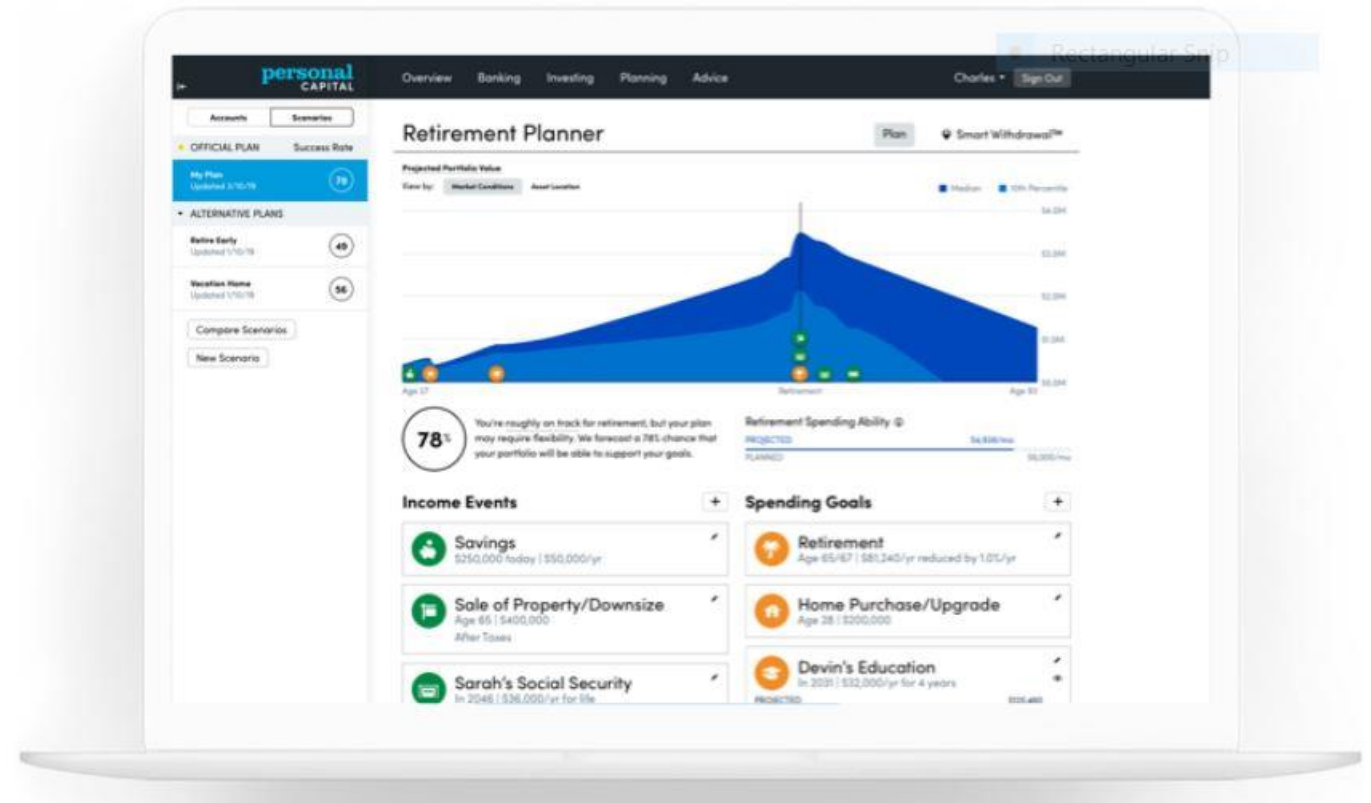


PersonalCapital.com

Personal Capital is a platform for wealth management

- Tracks All Your Accounts in One Place
- Plan for Retirement
- Built-In Investment Intelligence
- Uncover Hidden Fees

<https://www.youtube.com/user/PersonalCapital>



Welcome to Your Personal Capital Dashboard

Personal Capital

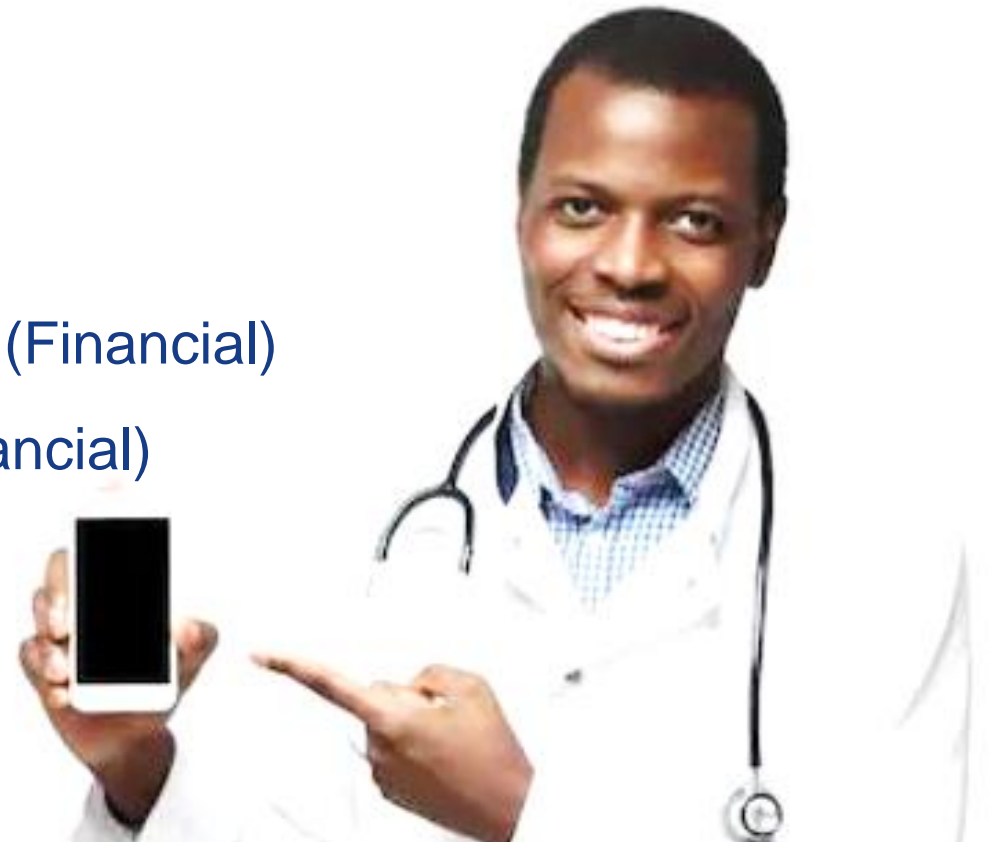
<https://www.youtube.com/watch?v=tTQXOVA3Tkw>

Your entire financial
life in one place



Honorable Mention

- MyfitnessPal (Physical)
- Teladoc, Zocdoc (Physical)
- Moodtools (Emotional)
- Meetup, Match (Emotional)
- Zelle, Paypal, Venmo, GooglePay, Apple Pay (Financial)
- Prudential, NYDeferred Comp and MCU (Financial)
- YouTube (Physical, Emotional, Financial)



Available Help

Anonymous Support Hotlines for all NYC H + H employees



COVID 19 SYSTEMWIDE SUPPORT HOTLINE

646-815-4150 *Monday – Friday, 9:00am - 12:00 am*
**Hours may be extended upon demand*



<https://www1.nyc.gov/site/olr/eap/eaphome.page>

Make an appointment by phone or email
250 Broadway, 28th Floor, New York, NY 10007
(212) 306-7660
eap@olr.nyc.gov



<https://nycwell.cityofnewyork.us/en/>

Free anonymous service for NYC residents
Available 24/7/365
Call or Text anytime.
English: 1-888-NYC-WELL (1-888-692-9355), Press 2
Call 711 (Relay Service for Deaf/Hard of Hearing)
Español: 1-888-692-9355, Press 3
Text WELL to 65173



Five Free Apps For Mental Health And Well-Being, [Dr. Pragya Agarwal](#), Forbes
<https://www.forbes.com/sites/pragyaagarwaleurope/2018/06/11/five-free-apps-for-mental-health-and-well-being/#42ee44612a2f>

11 Health-Conscious Apps to Enhance Workplace Wellbeing, [Sara Tarca](#), One Digital
<https://www.onedigital.com/blog/11-health-conscious-apps-to-enhance-workplace-wellbeing/>

A Roundup of the Best Health and Wellness Apps to Keep You Fit and Calm
A healthy mind and body facilitates emotional resilience.
BY [SUSAN STEINBRECHER](#), CEO, STEINBRECHER AND ASSOCIATES@STEINBRECHERINC, INC.
<https://www.inc.com/susan-steinbrecher/a-round-up-of-best-health-wellness-apps-to-keep-you-fit-calm.html>

VIRTUAL RESOURCES TO SUPPORT HEALTH AND WELL-BEING, KENT STATE UNIVERSITY
<https://www.kent.edu/hr/wellness/telework-videos-and-apps>

10 wellness apps to help during COVID-19 pandemic, Previa Health
<https://www.prevea.com/For-Patients/Your-Wellness/Resources/10-wellness-apps-to-help-during-COVID-19>

From Apps to Expert Advice, Invaluable Resources for Well-Being During the Coronavirus Pandemic
UCSF Department of Psychiatry Launches a Unique Site of Emotional Well-Being Resources and National Webinar for Stress Resilience
By Brandon R. Reynolds
<https://www.ucsf.edu/news/2020/04/417166/apps-expert-advice-invaluable-resources-well-being-during-coronavirus-pandemic>

The 5 Best Budgeting Apps, [EUNY HONG](#), Investopedia
<https://www.investopedia.com/personal-finance/personal-finance-apps/>

7 Budgeting Apps You Can Use to Improve Your Financial Health
<https://financialwellness.org/budgeting-apps/>

The 10 Best Money Apps for 2020, InCharge Debt Solution
<https://www.incharge.org/tools-resources/best-money-apps/>

Top 5 Budget Apps for 2020
<https://www.incharge.org/tools-resources/best-budget-apps/>

11 of the best personal finance apps for clueless millennials, Harriet Hawkins, Mashable
<https://mashable.com/roundup/best-personal-finance-apps/>

Fiton.com
<https://www.youtube.com/channel/UC8lu7IA1CyFQ9EavhThSsdQ>

Myplate
<https://www.livestrong.com/myplate/>



Resources From NYC Health + Hospitals

Please visit our COVID-19 Guidance and Resources page at:
<http://hhcinsider.nychhc.org/sites/COVID-19/Pages/Index.aspx>

To request emotional or psychological support, go to:
<http://hhcinsider.nychhc.org/sites/COVID-19/Pages/COVID-19.aspx>

For more resources, please visit Employee Resource Center at:
<http://hhcinsider.nychhc.org/corpoftices/erc/Pages/Index.aspx>



Next Presentation Schedule is found on our Intranet at Covid-19 Guidance and Resources

- Home
- Clinical Guidance
- PPE Guidance
- Employee Resources
- Training Resources
- For Patients & Community
- Emotional Staff Support Resources
- Crisis Response Just-in-Time Training and Schedules
- Frequently Asked Questions
- Ventilator Resources
- Messages of Hope



**CLICK HERE TO REQUEST
EMOTIONAL OR
PSYCHOLOGICAL SUPPORT**



**CLICK HERE TO ACCESS
CRISIS RESPONSE
JUST-IN-TIME TRAINING
AND TRAINING SCHEDULES**



**PERSONAL PROTECTIVE
EQUIPMENT HOTLINE**



FOR ALL NYC HEALTH + HOSPITALS EMPLOYEES.



Thank You

Questions or concerns, please contact us

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or

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