



## Taking Care of Yourself and One Another

A collection of articles, resources, apps and quizzes aimed at providing Ardent employees self-care and wellness resources.

### Resources

- [Caring for Yourself](#)
  - Ardent Resources
  - Self-Care
  - Mindfulness and Meditation
- [Caring for Others \(Parents/Children\)](#)
- [Resources at Work](#)
  - Leaders (How to Support Staff)
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## Caring for Yourself

### Ardent Resources

- **MyStrength App, provided by Livongo Behavioral Health**
  - <https://welcome.livongo.com/ARDENT?ccid=BH#/>
  - A personalized program to help promote good mental health and wellness
  - Free to all Ardent employees and available to employees' family members (over the age of 13) enrolled in one of Ardent's medical plans.
  - Available 24/7 through an online account and mobile app that is private, safe and secure.
  - You can choose what to focus on and can learn from hundreds of quick activities. Get guidance from a dedicated coach or just fill up on inspiration.
- **Ardent Employee Assistance Program (EAP) via Health Advocate: 1-866-799-2728**
  - <https://members.healthadvocate.com/> ; [answers@healthadvocate.com](mailto:answers@healthadvocate.com)
  - The Employee Assistance Program (EAP) offers free, confidential counseling services and referrals, including five face-to-face visits per issue. EAP is available to employees and their family members to help cope with anxiety, stress, or other issues related to the impact of COVID-19. The EAP is available 24/7, and you do not need to be enrolled in one of our medical plans to use it.
  - Visit <https://getardentbenefits.com/your-benefits/work-life-balance#EAP> for additional benefits.
- **[One Team Resource Center](#) (Coming soon to UTHET)**
  - The OneTeam Resource Center, developed as an internal resource for everyone using Ardent's Office 365 instance, is intended to be a one-stop-shop for all your quick learning and development needs filled with articles, one pagers, quick tips and more.
  - On this site, hosted in SharePoint, you can find relevant information as an employee, a leader, a clinical staff member, or someone who supports our field operations.
  - [OneTeam Resource Center resources on Taking Care of Yourself](#)

### Self-Care

- **Stigma-Free**
  - Stigma harms the 1 in 5 Americans affected by mental health conditions. It shames them into silence and prevents them from seeking help.
  - [Take the StigmaFree quiz to see if you might be affected.](#)
- **Daily Positive Affirmations**
  - [35 positive affirmations](#)
- **Self-care tools**
  - [4-7-8 breathing method, journaling and mindfulness](#)
- **[Happify](#) (app)**
  - Provides science-based activities and games that are meant to reduce stress, build resilience, and overcome negative thoughts.

- [Fight Stress with Healthy Habits](#)
    - American Heart Association
  - [That Discomfort You're Feeling Is Grief \(article\)](#)
    - During the global pandemic, a palpable sense of collective grief has emerged. Grief expert David Kessler says that grief is actually multiple feelings that we must manage.
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## Caring for Others (Parents/Children)

- [COVID-19: Supporting At-Home Children](#)
  - [11 Tips for Mindful Parenting](#)
    - On Mindspace - Healthy minds for a better world.
  - [Headspace](#)
    - Guided meditations, animations, articles and videos, all in the distinct Headspace style for children and adults.
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## Resources for Work

### Resources for Leaders (to help support staff)

- **Compassion Fatigue Assessment Tool**
  - Use this Advisory Board [Compassion Fatigue Assessment tool](#) to help staff recognize the visible and invisible signs of compassion fatigue, investigate the root causes of compassion fatigue, and seek additional help, if necessary.

### Resources for Healthcare Workers

- [Reducing Mental Health Stigma in Healthcare](#)
- **Healthcare Personnel and First Responders**
  - [How to Cope with Stress and Build Resilience During the COVID-19 Pandemic](#) (CDC)
- **Self-Care Tips for Nurses and Frontline Staff**
  - [Tip Sheet by the American Psychiatric Nurses Association](#)
- [Should You Tell Your Boss About Your Mental Health Struggles?](#)

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## National Resources

- **SAMHSA's National Helpline: 1-800-662-HELP (4357)**
  - Free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
  - <https://www.samhsa.gov/find-help/national-helpline>
- **Anxiety and Depression Association of America (ADAA): 1-240-485-1001**
  - Provides information on prevention, treatment and symptoms of anxiety, depression and related conditions
  - <https://adaa.org>
- **National Suicide Prevention Lifeline: 1-800-273-8255**
- **American Academy of Child and Adolescent Psychiatry**
  - Resources for Helping Parents and Kids Cope with COVID-19
  - [https://www.aacap.org/AACAP/Families\\_and\\_Youth/Resource\\_Libraries/COVID-19/resources\\_helping\\_kids\\_parents\\_cope.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Resource_Libraries/COVID-19/resources_helping_kids_parents_cope.aspx)
- **NAMI – National Alliance of Mental Illness**
  - Support groups for families and “patients,” education, excellent source of resources in your area
  - NAMI Basics is a 6-session education program for parents, caregivers and other family who provide care for youth (ages 22 and younger) who are experiencing mental health symptoms.
  - <https://www.nami.org/Home>

