

## We Are Not Alone!

We are facing an unprecedented challenge. We have not witnessed anything of this magnitude. Our work in medicine and the current threats to our families, our coworkers and to ourselves often creates a heightened sense of anxiety and fear, which is a common human response.

The UT College of Medicine Deans and staff want to reassure you that we are in this together. We will rally as a *community around our commonUnity* to ensure efficient clinical care, society responsibility, and education. We are all committed to these missions. In addition, we will also care for our colleagues and ourselves. Sometimes stress and anxiety can creep up on us. It can be hard to recognize that we're stressed and anxious, and soon we start to feel overwhelmed.

Please remember that there are multiple resources available from the UTHSC/ UTCOM benefit structure that can be as simple as a telephone consultation with a mental health specialist or a series of telehealth consultations through NexGen or the resources with LifeBridge, coordinated through the Chattanooga Hamilton County Medical Society. Listed below are the NexGen and LifeBridge resources and other contact information.

**Faculty**, For those of you insured by EMG, EHS with Aetna, you can contact the **Resources for Living program** by linking with [www.resourcesforliving.com](http://www.resourcesforliving.com), Username: Erlanger, Password: EAP.

As physicians, we are fortunate that what we do every day helps others and never more so than now. We also need to remember to support each other and reach out for help when needed.

**Headspace:** This meditation and sleep app is free right now with your NPI number and email. You can sign up through this link: <https://www.headspace.com/health-covid-19>

**Fitness Blender:** This free exercise website was recommended by a wellness coach at Mayo Clinic's Dan Abraham Healthy Living Center. <http://fitnessblender.com/>

**National Academy of Medicine:** <https://nam.edu/initiatives/clinician-resilience-and-well-being/clinician-well-being-resources-during-covid-19/>

For Additional Information please go to our Well-Being Website at  
[www.comchattanooga.uthsc.edu/wellness](http://www.comchattanooga.uthsc.edu/wellness)



**Confidential LifeBridge LINE: 423-591-9830**

<https://www.lifebridgechattanooga.org/>

Access a Counselor:

<https://www.lifebridgechattanooga.org/counselor-bios>



If you are in crisis -- or worried about someone who may be-- please call the **National Suicide Prevention Lifeline at 1-800-273-TALK (8255) OR Crisis Text by texting TALK to 741741**



**SELF ASSESSMENT –**

To sign up: <https://www.mywellbeingindex.org/signup>

Invitation Code: **UTC RESIDENT (For Residents and Fellows)**



**For more information or assistance, contact the TMF Physician's Health Program at 615-467-6411 (24 hours) or visit [www.e-tmf.org](http://www.e-tmf.org)**



**Confidential – Free: Counseling Services, Individualized Wellness Resources, Health Advocacy, Online Resources, Legal and Financial Consultations, Virtual Concierge Services.**

**Call - 1.800.327.2255 (Company ID: 8665 if asked).**

**You can also use the website: [www.nexgeneap.com](http://www.nexgeneap.com)**



**Mental Health Benefits through the Resident Health Insurance:**

**Website: [www.cignabehavioralhealth.com](http://www.cignabehavioralhealth.com)**

**CIGNA Behavioral Health service line at 800-274-4573**

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**#REVAMP\_CoV2** is a hashtag created by Mount Sinai students for Twitter, Instagram and a Facebook group to share updates, tagging, building community, a place to seek advice or wisdom on how to be well during this time. REVAMPing COVID-19 is both an acronym and call-to-action for using evidence-based strategies to maintain well-being while social distancing through the pursuit of Relationships, Engagement, Vitality, Accomplishment, Meaning, and Positive emotions.

### **We Are Not Alone and We Will Overcome!**

I hope you find this *Resilient Reflections* blog as a safe space and a conversation circle to build community, share resources, and provide reflections that help us realize we are in this together! (Commenting requires signing up for a free Substack account.)

<https://muktapandamd.substack.com/>

—Mukta Panda MD MACP FRCP-London    Twitter [@MuktaPandaMD](https://twitter.com/MuktaPandaMD)

We may be Socially Distanced however We are still interconnected!

Few things to reflect personally and check with your colleagues:

- Do I/you have everything I/you need to be safe?
- Do I/you have a strategy to protect my/your loved ones, family?
- What is hardest about this right now?
- What concerns me/you most?
- Who can I/we speak with?

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