



CONTRA COSTA HEALTH SERVICES WELLNESS TIPS



Vol. 1, Issue 88; <http://tiny.cc/CCHSWellness>

CELEBRATING NATIONAL GRATITUDE MONTH



November is National Gratitude Month. We are sharing with you some free **Gratitude Resources** from the **CDC** to help us **reduce stress and feel better** so we can find a way **forward** in terms of our physical and emotional well-being during the holidays. In addition, we are providing some free **Grief Resources** as some of us may be dealing with **grief** and facing different types of **loss** at this time due to the complexities of the pandemic. <https://www.cdc.gov/howrightnow/gratitude/>. **Please share these Wellness Tips with your staff/colleagues.**

GRATITUDE RESOURCES

Cultivating an Attitude of Gratitude:

<https://www.namidanecounty.org/blog/2020/4/14/how-to-start-a-gratitude-journal>

Send a Virtual Letter, #HereForOurHeroes:

<https://www.veteransunited.com/operation-gratitude/>

Gratitude Journal:

https://ggia.berkeley.edu/practice/gratitude_journal

Gratitude Helps Minimize Feelings of Stress:

<https://www.psychologytoday.com/us/blog/comfort-gratitude/202007/gratitude-helps-minimize-feelings-stress>

Write Letters to Frontline Heroes:

<https://www.operationgratitude.com/express-your-thanks-virtual/write-letters-virtual/>

13 Popular Gratitude Exercises & Activities:

<https://positivepsychology.com/gratitude-exercises/>

GRIEF RESOURCES

How to Talk About Mental Health:

https://www.cdc.gov/howrightnow/talk/?utm_source=HowRightNow&utm_medium=HRNwebsite

Grief, Helping Someone Else After a Loss:

https://www.ptsd.va.gov/family/how_help_grief.asp?utm_source=HowRightNow&utm_medium=HRNwebsite

Grief, Taking Care of Yourself After a Loss:

https://www.ptsd.va.gov/understand/related/related_problems_grief.asp?utm_source=HowRightNow&utm_medium=HRNwebsite

Virtual Family Assistance Center, Integrated Condolence

Care Program: https://www.redcross.org/virtual-family-assistance-center.html?utm_source=HowRightNow&utm_medium=HRNwebsite

When a Loved One Dies From Covid-19:

https://www.cstsonline.org/assets/media/documents/CSTS_FS_When_a_Loved_One_Dies_from_COVID19.pdf?utm_source=HowRightNow&utm_medium=HRNwebsite

Covid-19 Daily Life and Coping, Grief and Loss:

https://www.cdc.gov/mentalhealth/stress-coping/grief-loss/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fdaily-life-coping%2Fstress-coping%2Fgrief-loss.html

SUPPORT LINES: NEED HELP RIGHT NOW?

- **24/7 Employee Assistance: 1-800-229-8674**
- **Assault: 1-800-656-4673**
- **Child Abuse: 1-800-422-4453**
- **Elder Care: 1-800-677-1116; 1-800-273-3900**
- **Emergency: 911; TalkWithUs to 66746**
- **Kids at Work Child Care: (925) 313-2380**



- **Local Resources (Food, Housing, Jobs): 211**
- **Nat'l Alliance of Mental Illness: 1-800-950-6264**
- **Red Cross, Grief: 1-833-492-0094**
- **Substance Abuse & Mental Health: 1-800-662-4357**
- **Suicide Prevention: 1-800-273-8255**
- **Veteran: 1-800-273-8255**

REMINDERS

- **Fall Back Time:** Sun, Nov 7 @ 2 AM. **Be Safe! Walk with a Buddy** when walking in isolated areas/at night.
- **24/7 Recorded Wellness Videos:** Watch, send us your feedback, and win a hero prize! (**Available sizes while supplies last – M, L, XL, 2XL, 3XL**). <https://cchealth.org/wellness/video-record.php>. CCHSWellness@cchealth.org.

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