

Resources:

GoTo Meeting LIFT Session with Kim Durga

Thursday 30th April 2020

- **PHN PeopleBank Education & Events Page** - houses recordings of this session, plus recordings all other PHN online education sessions as well as extra resources associated with each session.

<https://peoplebank.hneccphn.com.au/education-and-events>

Feeling extra stress is a normal response in these unprecedented circumstances. There are lots of practical ways for health care workers to manage mental health during the COVID-19 outbreak:

- **HealthPathways – HNE Community & Central Coast**

<https://www.hneccphn.com.au/programs-resources/healthpathways/>

- **Beyond Blue**

[Looking After Your Mental Health During the Coronavirus Outbreak](#)

- **Head to Health – [COVID-19 Support](#)**
- **ReachOut – [10 Ways to Take Care of Yourself During Coronavirus](#)**
- **World Health Organisation (WHO)**

[Coping with Stress During the 2019-nCoV Outbreak](#)

- **Member Assistance Program (MAP)** – is available for employees of General Practices. Employees are eligible to access 3 voluntary, confidential counselling session (telehealth available) to assist when personal, family, or work-related concerns are impacting on your health or quality of life or when guidance is needed on professional or personal goals.

Please call: 1800 931 711 and advise them what practice you belong to and that you are accessing the HNECC PHN account.

- **The Wellbeing Initiative – Kim Durga**

<https://thewbi.org/>



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Feeling stressed? Burned out? Free Online Lift Sessions during COVID 19

Twice-daily, 7-20 min live sessions Mon-Fri.
Pre-recorded sessions available 24/7.
Go to www.thewbi.org.

Building on the efficacy of meditation, Lift Sessions integrate meditation, cognitive behavioral therapy, breathing practices, positive psychology and energy & sound medicine.

Pilot studies show Lift sessions are effective in reducing anxiety & depression.

info@thewbi.org ~ +61 2 4977 3311

(Medical literature reveals 47 studies showing meditation helps with depression, anxiety & pain.)



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