

From: [Flenorl, Crystal L](#)
To: [Vang, May K](#)
Subject: FW: Behavioral Health and Integrative Medicine Community Resources - Covid-19
Date: Friday, April 10, 2020 12:00:15 PM
Attachments: [Tai Chi for Resiliency.pptx](#)
[PRINT Integrative Therapy Aromatherapy Booklet 2020.pdf](#)
[The Relaxation Response .pdf](#)
[Pressure Point Techniques Nausea Relief .pdf](#)
[4-7-8 Breath .pdf](#)
[An Evening Ritual an Integrative Approach to Sleep.pdf](#)
[image001.png](#)
[image002.png](#)
[image005.png](#)

From: Flenorl, Crystal L
Sent: Thursday, April 9, 2020 1:10 PM
To: Bhattacharya, Dhruvajyoti <Dhruvajyoti.Bhattacharya@advocatehealth.com>; Espinosa, Joelle R <Joelle.Espinosa@aurora.org>; Crouther, Stacy L <Stacy.Crouther@aurora.org>; Coby-Beaver, Jacquelin <jacquelin.coby-beaver@aurora.org>; Daniels, Erickajoy <Erickajoy.Daniels@aurora.org>
Subject: FW: Behavioral Health and Integrative Medicine Community Resources - Covid-19

Hi Team –

I wanted to share some internal FREE Behavioral Health and Integrative medicine resources from the AAH team to be shared with our community partners, our team and family/friends. Resources include: stress relief in light of Covid-19, integrative sleeping tips and more.

Thanks!
Crystal

From: Kennedy, Erik <Erik.Kennedy@aurora.org>
Sent: Thursday, April 9, 2020 11:07 AM
To: Flenorl, Crystal L <Crystal.Flenorl@aurora.org>
Subject: Behavioral Health and Integrative Medicine Community Resources

Behavioral Health Resources: CBT offering free online self-help courses during Covid-19

- <https://thiswayup.org.au/how-we-can-help/internet-delivered-cognitive-behaviour-therapy/%20is>
- <https://thiswayup.org.au/>

Integrative Medicine Resources:

I'm responding with resources that can be helpful for individuals coping with stress and anxiety vs those with significant diagnoses.

1. Web Based:
 - a. Help Yourself Heal:
 - i. Day to day living with the impact of COVID-19 is a stressful experience.

Aurora Integrative Medicine offers free online mind-body resources which will teach you stress management techniques that are easy to learn and simple to practice. The resources originally intended to help individuals prepare for surgery are geared to help you manage fear, worry and anxiety and address stress build-up in your daily life. At different points through the site you will have three options to learn the material.

- ii. The text version which will appear on screen
 - iii. An audio version so you can listen to the information and relaxation exercises
 - iv. A video version so you can see and hear the techniques being demonstrated
 - v. Information can be accessed and downloaded at <https://www.aurora.org/help-yourself-heal>
- b. Aromatherapy: "Aromatherapy Essentials for Well Being"
- i. <https://www.aurora.org/aromatherapy>

2. PDF Based

- a. Here are 4 PDF's that can be shared with community members
 - i. 4-7-8 Breath
 - ii. An Evening Ritual and Integrative Approach to Sleep
 - iii. Pressure Point Techniques Nausea Relief
 - iv. The Relaxation Response
 - v. Aromatherapy Booklet

3. PowerPoint Based

- a. Tai Chi for Resiliency attached as an example. Let me know if this is a viable format. Others can be easily developed.

4. Webinars: My team is working on online videos/webinar formats offering Tai Chi; Qi Gong etc. We are trying to work through a medium to offer this.

5. Services:

- a. Integrative Health Coaching:
 - i. Amid the COVID- 19 crisis, Integrative Medicine health coaches can help you navigate the constant demands and challenges impacting your personal wellbeing and capacity for self-care. Our coaches tailor programs and resources to meet your unique needs to manage stress and create incremental yet empowering shifts to enhance well-being and resilience.
 - ii. Advocate Aurora Health coaches are licensed health care professionals who utilize cognitive behavioral strategies and have advanced training in Integrative Health Coaching. Coaches do not provide therapy. They do not diagnose or prescribe treatment. Healthy Me Lifestyle Coaches do provide guidance and resources, as requested.

i. To Get Started:

- a. Email your request to Lifestyle@aurora.org - include your name and phone number.
- b. Call 414-219-5944. Currently our team is only able to access voice messages and call individuals back to schedule. Note your phone may reveal a blocked ID when we call.
- c. Visit www.aurora.org/coaching for more information about our

standard Healthy Me Lifestyle Coaching program. This is a fee for service program available to community members.



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