

Resilience & Well-being Resource Guide

To support your resilience and well-being especially during challenging times, connect to these valuable resources:

Employee Assistance Program (EAP)

- For team members:
 - No cost, confidential phone and video self-referral sessions that include an evaluation, EAP consultations focused on skill building, education and support (up to 4 total), as well as in-network behavioral health referrals.
 - Child care and elder care referrals.
 - Financial, legal, educational assistance, mediation and adoption consultations.
 - Phone and video COVID-19 support groups to address ways to cope and manage stresses and challenges: Info to join found on the COVID-19 Info Center or; for emails with advocatehealth.com or aah.org [click here](#) | emails with aurora.org [click here](#).
- For leaders:
 - Presentations on resiliency and emotional well-being for units and departments.
 - Psychological First Aid (PFA) for units, departments and team members who experience traumatic events.
 - Psychological and drug and alcohol fitness-for-duty referrals.

Call Illinois EAP: 800-775-0304 | Wisconsin EAP: 800-236-3231

Mission & Spiritual Care Services

- Chaplain Connect – Access a chaplain 24/7 at 855-483-6977: Chaplain visits are confidential and customized to support your own spiritual or religious perspectives.
- [Virtual worship services, prayers and rituals](#) from world faith traditions can help you stay connected to cherished spiritual and meditative practices.
- [Daily Reflections](#) emails offer readings, quotes and poems. These reflections encourage you to pause and take note of the ways inspiration is present in our daily lives.
- [Team Member Crisis Fund](#) provides financial assistance to qualifying Advocate Aurora Health team members who are in emergency situations related to a temporary financial crisis.
- [Virtual Gatherings](#) offers options to join a 20-minute gathering or schedule a gathering for your team.
- [Caring for Your Team](#) offers a weekly 30-minute leadership session to connect with leaders around the system to share ideas about supporting yourself and your teams during this time.
- [Still Points](#) is a chaplain led 15-minute pause in the day for team members, patients and families to de-stress.

Resilience & Well-being Resource Guide

Family Care Resources

- This forum summarizes family care resources to identify caregivers for children, adults and pets. Go to aahbenefits.org > Family Care Resources & 2020 Benefit Information.

Healthy Living

- Our team member [Healthy Living portal](#) includes a broad range of education and tools to encourage and support your health and well-being.

LiveWell with the Advocate Aurora Health app

- The [LiveWell](#) app allows you to manage appointments and medications, test results and billing, provides guided meditations, wellness tips and health quizzes, and offers easy access to video visits and other virtual care.

Advocate Aurora Health fitness centers

- Many Advocate Aurora fitness centers offer free virtual classes for all. Check their Facebook pages for a list:
 - [Advocate BroMenn Health & Fitness Center](#)
 - [Advocate Condell Centre Club](#)
 - [Advocate Good Samaritan Health and Wellness Center](#)
 - [Advocate Good Shepherd Hospital Health & Fitness Center](#)
 - [Advocate Lutheran General Fitness](#)
 - [Aurora Wellness Center in Burlington](#)

Integrative Therapies

- [Online courses](#) teach evidence-based mind and body techniques for stress management that are easy to learn and simple to practice.

Advocate Aurora health enews

- Daily emails focus on health topics and tips with Advocate Aurora subject matter experts sharing their knowledge in timely articles. [Subscribe](#)

Advocate Aurora Health Discounts - Benefit Hub

- Find discounts on the [Benefit Hub](#) for products and services for staying healthy, home food delivery, at-home fitness, entertainment, family activities, grocery delivery, financial wellness and education. For questions, call 866-664-4621.

Health Care Worker Discounts

- Companies all over the country want to say thank you to health care workers on the front lines. The American Hospital Association has created the [COVID-19 Discounts and Offers page](#) with discounts on everything from transportation to dining.

Resilience and Well-being Tips

- Includes [resilience and well-being tips](#) to use as supportive tools on topics such as nutrition, stress management, support, exercise, sleep, coping, spirituality and more.