

# Employee Whole Health

## Supporting you as you Support Veterans

VHA Office of Patient-Centered Care and Cultural Transformation (OPCC & CT)

# Employee Whole Health Support in Time of COVID:

<https://www.va.gov/WHOLEHEALTH/professional-resources/EWH-Resources.asp>

VA Benefits and Health Care ▾ About VA ▾ Find a VA Location

VA » Health Care » Whole Health » Employee Whole Health

## Whole Health

- ▾ Whole Health
  - Home
  - Get Involved
  - Veteran Resources
  - ▾ Professional Resources
    - Complementary and Integrative Health
    - Education Course Materials
    - Employee Whole Health
    - Evidence-Based Research
    - Whole Health Library
  - Circle of Health
  - Build Your Personal Health Plan
  - More Health Care

**QUICK LINKS**

- Hospital Locator
- Zip Code  Go
- Health Programs
- Protect Your Health
- A-Z Health Topics

### Employee Whole Health

## Self-Care Resources for Your Whole Health

We are all faced with new challenges as a result of the COVID-19 pandemic. How we deal with and adapt to change affects our ability to respond to these challenges.

It is more important than ever to take care of your physical, mental, and emotional well-being. Finding ways to care for ourselves, staying balanced and resilient, is critically important so that we can care for our Veterans, families, and communities.

The following resources are quick, virtual tools to help you manage stress and promote your Whole Health during these unprecedented times.

- Relaxation Practices/Mindfulness +
- Spiritual Health/Spirit & Soul +
- Staying VA Strong/Resilience +

**QUICK LINKS**

- Hospital Locator
- Zip Code  Go
- Health Programs
- Protect Your Health
- A-Z Health Topics

**Veterans Crisis Line**  
1-800-273-8255 PRESS 1

**My healthvet**  
My Health, My Care: 24/7 Access to VA

**eBenefits**  
My Gateway to Benefits Information

### Relaxation Practices/Mindfulness

**Audio files**

- [Grounding Meditation](#) 🎧 by Christiane Wolf (5 minutes)
- [Mindfulness of Sounds Meditation](#) 🎧 by Greg Serpa (10 minutes)
- [Body Scan Meditation](#) 🎧 by Christiane Wolf (15 minutes)
- [Ten Lessons I Learned in War that Can Help in Coping with the Coronavirus](#) by Julie Barker, OEF/OIF Veteran and LCSW (16 minutes)

**Videos**

- [Mindful Muscle Relaxation](#) (4:18)
- [Loving Kindness Meditation](#) (3:27)
- [Breathing Exercises](#) (6:53)

**Handouts**

- [Whole Health for a Pandemic](#) 📄

Spiritual Health/Spirit & Soul +

Pages

- Data Resources
- Tobacco Cessation
- Tobacco Cessation Links
- Virtual WIN with MOVEmployee

Libraries/Resources

- Tobacco Cessation Campaign
- Weight Management
- Physical Activity
- Healthy Sleep
- Data Resources
- Employee Health Coach List
- Toolkits
- Podcasts
- PAO Toolkits
- Shared Documents
- Virtual WIN with MOVEmployee

Lists

- Contacts
- Helpful Links
- Pictures
- Recent
- Virtual Employee Whole

### COVID-19 Stress Management Resources for VA employees

The COVID-19 pandemic is particularly stressful for health care providers. A list of live and virtual stress management events, as well as, links to on demand products and podcasts that can be accessed remotely.

[View the Virtual Employee Whole Health Resources.](#)



Nutrition



Physical Activity



Stress Management



Tobacco Cessation



## Live Whole Health.

### Virtual WIN with MOVEmployee



Virtual WIN with MOVEmployee is a self-guided program that makes it possible for all VA employees to access weight management information!

[Visit Virtual WIN with MOVEmployee](#)

### Employee Health Coaches



[Find your Employee Health Coach](#)

### HealthyLife®



HealthyLife® is a monthly newsletter focused on providing health and wellness information to employees of the Veterans Health Administration.



# Virtual Employee Whole Health Resources

VA Employee Whole Health Sites

Virtual Employee Whole Health Resources contains links along with names, descriptions and origins of those links. It also includes names, descriptions and origin of the other documents in this library. View the [Virtual Employee Whole Health Resources document](#).

VA2K

Employee Stress Mgmt

## Virtual Employee Whole Health Resources

Pages

✓	📄	Name	Shared By	Description	Modified By
		VISN and Facility EWH Self-Care Calendars	...		Schult, Tamara
		Facility EWH Communication Tool Examples	...		Schult, Tamara
		Handouts for Managing COVID-19 and Related Stress	...		Schult, Tamara
		Mindfulness Resources and Self-Care Practices	...		Schult, Tamara
		Presentations and Resouces for Building Resilience	...		Schult, Tamara
		WH Resources to Support Overall Health	...		Schult, Tamara
		Employee Self-Care...	...		Schult, Tamara

Libraries/Resources

Tobacco Cessation Campaign

Webinars

- <https://dvagov.sharepoint.com/sites/vhav23/EHPDIP/SitePages/Virtual%20Employee%20Whole%20Health%20Resources.aspx>

## Whole Health

▾ Whole Health

Home

▸ Get Involved

▸ Veteran Resources

▸ Professional Resources

▾ Circle of Health

Overview

Mindful Awareness

Moving the Body

Surroundings

Personal Development

Food & Drink

Recharge

Family, Friends & Co-workers

Spirit & Soul

Power of the Mind

Build Your Personal Health Plan

▸ More Health Care

### QUICK LINKS

### The Circle of Health

The Circle of Health illustrates the big picture connections between your health and other aspects of your life. Whole health opens the door to discuss not only your health conditions, but the things that impact your well-being.



#### The Circle of Health has four key elements:

**Me:** The equation begins with you, the “Me” at the center. Your story is unique and your whole health begins with what matters to you.

**Self Care:** Each of us has the power to impact our well-being. Whole Health offers the skills and support you need to make the changes you want.

**Professional Care:** Your health team is there to help with the prevention and treatment of disease and illness.

**Community:** Just as there is a “Me” at the center of the circle, there is a “We” that enfolds it. Your Community is the people and groups you connect with.

Click on the self-care practices to explore the Circle of Health. A small pop-up window will provide a short description of