



Meditation

The National Institute of Health (NIH) defines meditation as, “a mind and body practice that has a long history of use for increasing calmness and physical relaxation, improving psychological balance, coping with illness and enhancing overall health and well-being.” The Washington Post discussed a significant surge in meditation apps in March and April of 2020. Downloads increased by around 25% and users spent up to 85% more time utilizing the app. Many apps are **now offering free or reduced pricing** during this time. Check out this article for more information: <https://www.washingtonpost.com/technology/2020/04/21/meditation-up-during-coronavirus/>

Self-Care

While we all have our own ways of winding down, given the added stress that the pandemic brings, now may be a good time to try something new.

- **Meditation** is just one of the methods of relaxation that has been used more frequently by people during the time of COVID-19. One of the most popular mindfulness apps, *Headspace*, is offering free subscriptions for healthcare workers.
- **Breath focus** is a simple, powerful technique to help you relax. These exercises guide you to take long, slow, deep breaths, also known as abdominal or belly breathing. Check out this ten-minute video for an example: <https://www.youtube.com/watch?v=67SeR3LxtdI>
- **Progressive Muscle Relaxation** is the practice of tensing up a muscle group, then consciously relaxing that muscle group. Here is a 15-minute video session of PMR: <https://www.youtube.com/watch?v=86HUcX8ZtAk>
- **Yoga** is a spiritual discipline. It includes breath control, simple meditation, and the adoption of specific body postures. It is widely practiced for its health and relaxation benefits and is not only for seasoned veterans. Everyone starts somewhere! This 15-minute video for beginners is a perfect trial: <https://www.youtube.com/watch?v=v7AYKMP6rOE>
- **Guided imagery** encourages you to choose imagery that you find soothing and has personal significance. This 10-minute video gives an example of how this can be used to relax: <https://www.youtube.com/watch?v=t1rRo6cgM E>

Coach-Connect



Dawn McBryde is a peer recovery coach at the University of Maryland Medical System – Laurel and Bowie Hospital campuses. Dawn and her team are continuing to work in the Emergency Department through the COVID pandemic and Dawn recently said of her position “My job has changed tremendously... COVID prevents us from seeing all patients who screen positive; however, we try to follow-up with each and every patient who was missed.”

Dawn’s methods of relaxation include watching movies, cooking, baking and participating in online Bible study. We thank Dawn and her fellow peers for continuing to try to reach as many patients as possible and connect them to the resources they need.

Do you want to submit something to be featured in the Mosaic Minute? *Let us know!*

We heard your feedback! The Mosaic Minute will now be accepting your submissions. Please reach out to us with your success stories, questions, pictures, or any other materials you would like to see highlighted [here](#). If you would like to submit pictures or any artwork, please send an email to your primary consultant or respond to the email sent! If you have not already, please feel free to give us feedback by filling out this [survey](#). This is also where you can submit any ideas you have regarding topics you would like to see.

Thank you for all you do on the frontlines!

For more resources and information, *check out our [website](#), or click the images below to follow, like, or subscribe to our social media pages!*

