



# SELF-CARE RESOURCES

## Resources to Support Your Emotional Health

**BHS EAP** – BHS provides resources to help you and your family through this unsettled time. To access, go to <https://portal.bhsonline.com/auth/hashcode> and enter ID WESLEYAN. Resources include:

- 24/7 access to information, assessment, short-term problem resolution, and referrals.
- Childcare and Eldercare
- Legal Assistance
- Financial Services

**Cigna** – Resources through your Wesleyan medical plan include:

- Happify – an on-line tool that helps you reduce stress, anxiety and depressive symptoms and build resilience through science-based tracks/programs and activities. Access the free version of this app by opening your phone browser and go to [Happify.com/Cigna](https://www.happify.com/Cigna). You will need your Cigna ID, located on your medical card.
- IPrevail – Learn how to boost your mood and improve mental health with on-demand coaching and personalized learning 24/7.
- Virtual Behavioral Care – Video-based care with access to 18,000 behavioral health providers including therapists and psychiatrists, Access Cigna’s network in the provider directory on myCigna. Access MDLIVE on the Virtual Care page on myCigna® to schedule an online appointment

## Resources to Support Your Financial Health

### *TIAA*

- Helpful market volatility content, which is updated regularly, including a recent webinar featuring Brian Nick, Nuveen Chief Investment Strategist is available at [www.TIAA.org](http://www.TIAA.org).

### *Fidelity*

- Read 6 tips to navigate volatile markets and a webinar that shares new developments in the market at [Fidelity](#).

## Resources to Support Your Physical Health

There are many alternative ways to keep active and healthy during this time, both physically and mentally. Below are some of the many resources that bring fitness and mindfulness right to you. Check them out, see what works best for you and start your new wellness routine.

- Peloton – Peloton is offering a free 90-day trial. Don't have the Peloton bike or treadmill? No problem. The app allows you to utilize non-Peloton equipment. Peloton also offers classes in yoga, meditation, strength training and more.
- Down Dog – Promising a studio-like experience, Down Dog is sure to have a yoga practice you love. Down Dog offers yoga, yoga for beginners, HIIT, barre, and 7-minute workouts all free through July 1. When registering, you will need to use your Wesleyan email.
- Daily Burn – No need for equipment, Daily Burn offers an array of bodyweight classes and exercises. From Pilates to cardio kickboxing, Daily Burn is offering a 60-day trial bringing group fitness into your home.
- Headspace – Headspace is doing their part to help relieve stress and anxiety by offering a free collection of meditation and mindfulness content, called “Weathering the Storm”.
- Wesleyan Adult Fitness Classes – Scott Bushey has reached out to current participants with information on participating virtually. Please contact Scott at wellness@wesleyan.edu, if you do not currently participate and you will be sent registration and class information.
- Obè - 10-minute dance and strength workouts for kids 10 and under.
- Remote Workstation Set-Up – See the enclosed flyer on setting up your home workstation ergonomically and efficiently!

## Community Resources

- Camp Care For Children Of Essential Community Workers - for children of parents whose job is essential for the well-being of the greater community. For example: hospital staff, emergency services personnel, pharmacists, and other essential workers for local community services, Camp Hazen YMCA, 204 W Main St, Chester, CT 06412  
Fee is \$65 per day. Financial Assistance is available. Call 860-526-9529 to register.
- CT Resources Guide including school lunches and breakfast (link to <https://www.courant.com/news/connecticut/hc-news-coronavirus-resource-guide-connecticut-20200319-g4dtz4chjnafzl2wyr35diyce4-story.html>)
- Frequently Asked Questions on the State of Connecticut's actions related to COVID-19, (link to <https://portal.ct.gov/-/media/Coronavirus/COVID-19-FAQs.pdf?la=en>)