

Strategies and Tips for Promoting Wellbeing during COVID-19

Center for Wellbeing

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Neuroscience studies support four constituents to wellbeing: cognitive, intentional, attentional and emotional balance.¹ Stressful times, like the COVID-19 pandemic, can disrupt attention and concentration.² You may be feeling scattered and unable to focus or perhaps, hyper-focused on one thing. Where you place your attention ends up being the world in which you live. Learning to control attentional focus allows us to decide how many minutes or hours to dedicate to any particular area of life thereby achieving attentional balance and improved wellbeing.

Here are a few free apps and resources for improving attentional balance:

- **Healthy Minds app:** <https://tryhealthyminds.org/>
- **10% happier app:** email care@tenpercent.com to get free access for healthcare professionals
- **Headspace:** <https://www.headspace.com/health-covid-19> to get free subscriptions for a year
- **Insight Timer:** <https://insighttimer.com/> (Select meditation; meditation; mindfulness)
- **ACGME:** <https://www.acgme.org/What-We-Do/Initiatives/Physician-Well-Being/AWARE-Well-Being-Resources>

These sites provide alternative and perhaps more peaceful places to focus attention:

- 51 minutes of Timeless Hymns: <https://www.youtube.com/watch?v=wfi31NmH24>
- Magnum mysterium: <https://www.facebook.com/watch/?v=190976798496645>
- Georgian Orthodox Chant in Hagia Sophia: <https://www.youtube.com/watch?v=LSWTHxEKJH0&t=121s>

For anyone who has completed CBCT® (Cognitively Based Compassion Training):

<https://compassion.emory.edu/cbct-covid19-response.html>

¹ Davidson, RJ & Schuyler, B. *Neuroscience of Happiness*. Helliwell, JF, Layard, R., & Sachs, J. (Editors). World Happiness Report 2015.

² Liston, C, McEwen, BS, & Casey, BJ, Psychosocial stress reversibly disrupts prefrontal processing and attentional control. PNAS January 20, 2009 106 (3) 912-917; <https://doi.org/10.1073/pnas.0807041106>