

## MINDFULNESS IN MOTION – VIDEO SERIES

The Ohio Hospital Association has partnered with Gabbe Health and Wellness of the Ohio State University Wexner Medical Center to share free resources that were developed to address provider resilience, especially as the pandemic continues to burden our healthcare teams. These videos provide short opportunities of mindfulness and reflection for providers. Please use and share this resource with your teams.

### TWO-MINUTE VIDEOS

[Pause and Reset](#)

[You Can Do This](#)

[Climbing the COVID Mountain](#)

[Being a Calming Presence](#)

[Going with the Flow](#)

[Stand Tall and Stretch](#)

[Embracing the Unknown](#)

[Managing Expectations](#)

[Standing 2 Min Stretch](#)

[Moving Forward](#)

### FIVE-MINUTE VIDEOS

#### SELF-CARE & RESILIENCY:

[Our Response is Our Legacy](#)

[Staying Balanced](#)

[A Standing Practice to Help Reduce Tension](#)

[Diaphragmatic Breath to the Rescue](#)

[Chair Yoga to Keep Us Moving](#)

[Resiliency Building, We Need It!](#)

[Compassion Can Soften and Strengthen](#)

[Understanding Willpower](#)

[A Needed Self-Massage](#)

[Learn the 4-7-8 Breath and Pass it On](#)

[Building Strength](#)

### FIVE-MINUTE VIDEOS (CONT.)

#### ANXIETY/STRESS:

[Practice Quieting the Mind](#)

[Accessing Patience](#)

[Letting Go of the Uncontrollable](#)

[Anxiety is Contagious](#)

[The Power of Belief](#)

#### HAPPINESS/POSITIVITY:

[Finding \(Creating\) Joy](#)

[Green Space: Decrease Your Mental Fatigue](#)

[Hope as a State of Being](#)

#### SLEEP/EXHAUSTION:

[Turning Around Exhaustion](#)

[Mindful Sleep](#)

[Why Can't We Sleep?](#)

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**Many thanks to Maryanna Klatt, PhD, Professor and her team at Gabbe Health and Wellness, and the Department of Family and Community Medicine at The Ohio State University College of Medicine!**

You can learn more about the program here: [Mindfulness Program Decreases Burnout in Healthcare Workers, Study Finds](#) (1/5/21, Christopher Cheney, Health Leaders Media)

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