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Update 39 - COVID-19 – From Office of the Medical Director 12 AUG2020 1000

To: All EMS Personnel in the EMS System for Metropolitan Oklahoma City & Tulsa

Key Content:

- **Wellness Resource – Emory, Grady, & Morehouse School of Medicine**

I'm turning this Update over to some special colleague guests to curate. Please see the attached PDF developed in Atlanta by folks that appropriately care about the folks I care a lot about – YOU and your colleagues! This is a guide supporting your wellness through this pandemic. This was shared with me over the weekend and I'm genuinely appreciative of all the thoughtful content it has. It contains a resource list as well.

No guide alone will be “the” answer to the emotions and stresses any of us has, but there are some very well thought pieces of advice for us. Yoga may work for some. For me, yoga might prove my expressway to a femur fracture. So, treat this resource like a menu. Choose what works for you and leave the rest. Maybe some of the wellness practices that don't work for you now might work better later...or never. It's okay. The key is making sure you prioritize taking care of you as much as you prioritize taking care of others. YOU deserve wellness – mental AND physical.

I hope this can help you when help is welcomed.

Vigilance. Safety. Evidence-Based Service to Others.

Let's be careful out there.

Dr. Goodloe