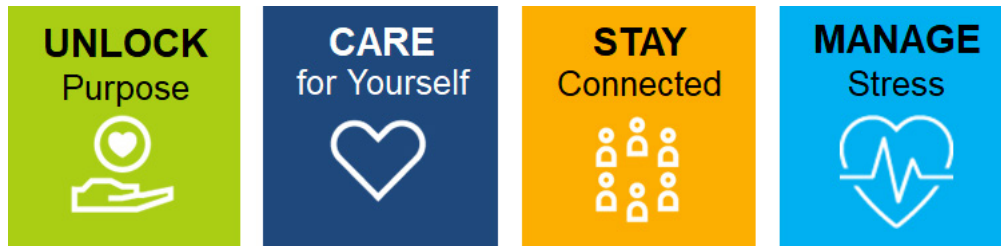


Helping Clinicians Find Joy in Practice

COVID-19 Support Resources



What is Joy in Practice?

A pilot initiative at UnitedHealth Group to create an environment where clinicians experience professional joy and purpose while mitigating the factors contributing to burnout. Contact the Center for Clinician Advancement with questions: centerforclinicianadvancement@uhg.com.

Joy Break! Podcast Series

Why Uncertain Times Need Certainty of Purpose

[Podcast](#) (15 min) | [Article](#)

How to Hunker Down on Purpose

[Podcast](#) (20 min) | [Article](#)

Self-renewal is a Life Skill

[Podcast](#) (21 min) | [Article](#)

Staying Healthy: Ideas for Clinicians

[Podcast](#) (22 min)

Foundations of Self Care During Difficult Times

[Podcast](#) (5 min)

Just Breathe

[Podcast](#) (6 min)

Gratitude for Resilience and Joy

[Podcast](#) (6 min)

Self Care Tool: Listening

[Podcast](#) (7 min)

Uncover Deeper Meaning About Your Experiences Through Writing

[Podcast](#) (4 min)

More coming soon!

Other Key Resources

Grow and Give – Our Default Purpose

[Video](#) (2 min) | [Grow and Give Challenge](#)

Finding Joy in Practice Again

[Webinar](#) (1 CE; 60 min)

Hope, Health and Happiness

[Video](#) (4 min)

Nutrition, food safety and immune boosting recipe support guide

Visit The Well - Many services are free and virtual

[Explore](#)

Sanvello - A free digital health tool for stress, anxiety and depression

[Tour](#) (30 sec)

Wellbeats – At Home Fitness Resources

[Learn more](#)

Free virtual personal training or physical therapy appointment

with an exercise specialist

optumcampusfitness@optum.com

Foodsmart Coronavirus support guide

with great nutrition information and immune boosting recipes

[Access](#)