

Maryanna Klatt, PhD, Dept. of Family Medicine

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Dear OSUWMC Faculty and Staff,

This is one of the most challenging times most of us have ever seen or imagined.

I have spent my professional career researching and teaching mindfulness as a mind/body approach that can help people (including myself) stay in the moment and really be there for the moments of our lives. This isn't an easy practice as there are many times we REALLY wish we weren't there when something was happening- illness/death, suffering, accidents, a pandemic. Mindfulness is not positive thinking. It is an approach that helps us wake up to the way we are really living as things are happening. It has helped me and I have seen it help many others. But it is not easy, and sometimes not comfortable to see life as it is. BUT it helps us see our fears for what they are, it helps us see the stories we continuously weave about reality, acting as if the stories are reality. Mindfulness is an approach that brings us back to our physicality in order to ground us when our thoughts/fear hijack us and lead us towards catastrophizing.

Mindfulness is not for everyone- nothing is. But in the next few weeks I will be recording some 5, 10, and 20 minute guided meditations that I invite you to download and save on your phone for when you might need some help in regaining your center. To bring you back to the "here and now" and get you out of your head. I will be adding to the list as we continue to deal with the multilayered stresses surrounding this crisis. Until those audios are ready, I offer these two options depending on what you need:

- A. Over the years, Healthcare Professionals have found the following 10-minute meditation to be the most helpful in terms of putting worries aside and getting a good night's sleep. Sleep will become even more important as this situation progresses. Clinical and administrative staff have to retain clear mindedness to stay nimble, and potentially be able to sustain this state of flux for an evolving period of time. Other faculty and staff are isolated and stressed with new demands they hadn't envisioned. Feel free to download and then try this meditation before going to sleep, after settled in your bed:

<https://stream.osumc.edu/IntVideos/mim/Sleep10.mp3>

- B. This 10-minute audio meditation below is especially apropos to our current unchartered situation. The goal of this practice is to gain clarity so that release of suffering becomes possible:

<https://stream.osumc.edu/IntVideos/mim/Clarity10.mp3>

Other Stress Reduction Resources for this Challenging Crisis:

1. Some fast reads to help both yourself and your friends and Family that are asking you for advice:

[Anxiety is Contagious](#) (Judson Brewer is an excellent researcher)

[Mindfulness may help navigate the Coronavirus Panic and help you stop touching your face](#)

2. Headspace is donating a complementary premium membership to all clinical healthcare professions as a thank you for the extra work this public health crisis is putting upon you:

<https://www.headspace.com/health-covid-19>

3. Some general mindfulness links that may help over the next few weeks:

["10 Effective Methods to Soothe an Anxious Brain"](#). Mindful. 10/22/19./19.

["Practicing Self-Compassion Can Boost Your Mental Health"](#). Mindful. 9/26/19.

["Anxious? Three Ways to Get Out of Panic Mode"](#). Mindful. 3/14/19.