

## Sources and Resources for Wayne Jonas, MD – Coping with COVID

### TOP RESOURCES:

- Grand Rounds Video: Professional Well-Being In A Time of Crisis, Dr. Amy Locke  
<https://youtu.be/sBPUiVby9Ro>
- 15-minute meditation “Meditating with Dr. Jonas: A Breathing Exercise”  
<https://youtu.be/COhxZBvTHp0>
- Wellbeing resources <https://imconsortium.org/well-being-resources/>
- Applying Evidence-Based Medicine Concepts for Dealing with a Pandemic from Department of Family Medicine, Tufts University School of Medicine  
<https://youtu.be/FI1svTpH1A0>
- Financial survival during COVID- AAFP Weekly Webcast  
[https://www.youtube.com/watch?v=c1PMGhsKKP4&feature=emb\\_rel\\_pause](https://www.youtube.com/watch?v=c1PMGhsKKP4&feature=emb_rel_pause)
- [Misconceptions of Resilience](#)
- [Resources to Support the Immune System](#)
- [Avoiding Burnout at Work](#)

### SOURCES:

Who needs what now?

- <https://www.worldometers.info/coronavirus/country/us/>

Where Health Comes from

- McGinnis JM, Williams-Russo P, Knickman JR. *The Case For More Active Policy Attention To Health Promotion. Health Aff (Millwood). 2002 Mar-Apr;21(2):78-93. doi: 10.1377/hlthaff.21.2.78*

Boost Mental Resilience

- Conner, A. L., Boles, D. Z., Markus, H. R., Eberhardt, J. L., Crum, A. J. Americans' Health Mindsets: Content, Cultural Patterning, and Associations With Physical and Mental Health. *Annals of behavioral medicine* 2019; 53 (4): 321–32

Mere Visual Perception of Other People’s Disease Symptoms Facilitates a More Aggressive Immune Response

- Schaller, Mark, et al. "Mere visual perception of other people’s disease symptoms facilitates a more aggressive immune response." *Psychological Science* 21.5 (2010): 649-652.

Evaluate the Evidence slide:

- Page 255-256 How Healing Works by Wayne Jonas, MD

Social and Emotional Trauma

- Huffington Post article – David Wood <https://www.law.upenn.edu/live/files/4601-moral-injury-david-wood-huffpopdf>

**FOR PATIENTS:**

- Resources to support a healthy immune system right now  
<https://drwaynejonas.com/resources-to-support-a-healthy-immune-system-right-now/>