

Well-Being Resources to Support the Columbia Community During the COVID-19 Pandemic

While day-to-day priorities are constantly shifting, the need to maintain well-beings during this time is paramount. No matter where you are working from, there are many resources available to promote the health and well-being of our community.

[Yoga @ Work Guided Practice](#): Relax mind and body with these 5-10 minute restorative yoga sequences designed to support you at key intervals throughout the day.

[Guided Mindfulness Meditation Audio](#): Take a few minutes to follow your breath or imagine you or on the top of a mountain or seated in front of a lake with these guided meditations. Additional meditations are available from a community organization, [Mindful Harlem](#).

[Meal Planning Resources](#): Use these resources to fill your plate and shopping cart with foods that are essential to supporting overall health and well-being, energy, and mood.

[Stretch Guide](#): Schedule as stretch break once or twice per hour to enhance comfort, safety, and musculoskeletal health—whether you are working on campus or remotely.

[Green Housing Tips](#): As we spend more time at home, here are some ways to keep the home environment as healthy as possible.

[Employee Assistance Program](#): Explore this network of free services, provided by Humana, to help you and your household members cope with everyday issues at work and at home. Licensed Master's or Ph.D. level counselors are available to speak to you one-on-one.

For up-to-date information and updates regarding the COVID-19 pandemic, visit the [Columbia homepage](#).

Additionally, visit the Office of Work/Life for additional tools, resources, or to request a virtual workshop for your department or school. We encourage you to reach out to our office with any questions or comments.