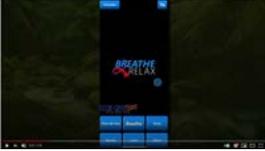
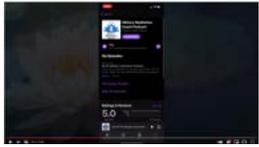


COVID-19 PROVIDER RESILIENCE SOCIAL MEDIA TOOLKIT



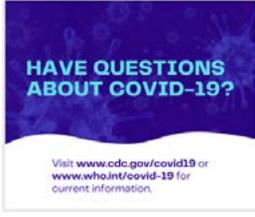
Image and video assets formatted for Facebook, LinkedIn and Twitter available for download.

Channel	Content	Image Thumbnail	File Name	Related Links
Facebook	As military health care providers, we're human too. We will get through #COVID19 together.		This is a video.	https://www.youtube.com/watch?v=aLuz2Ei86ZM
LinkedIn	As military health care providers, we're human too. We will get through #COVID19 together.			
Twitter	As military health care providers, we're human too. We will get through #COVID19 together.			
Facebook	Dr. Kelly Blasko, lead for mHealth Clinical Integration, DHA Connected Health, interviews Capt. Fawn Walter, clinical psychology resident, @MadiganHealth, about how we can all practice self-compassion to avoid burnout during #COVID19		This is a video.	https://www.youtube.com/watch?v=KNQG9zD9zOY
Twitter	Dr. Kelly Blasko, lead for mHealth Clinical Integration, DHA Connected Health, interviews Capt. Fawn Walter, clinical psychology resident, @MadiganHealth, about how we can all practice self-compassion to avoid burnout during #COVID19			
LinkedIn	Dr. Kelly Blasko, lead for mHealth Clinical Integration, DHA Connected Health, interviews Capt. Fawn Walter, clinical psychology resident, @MadiganHealth, about how we can all practice self-compassion to avoid burnout during #COVID19			
Facebook	The intense demands of #COVID19, can lead to compassion fatigue and secondary traumatic stress for us as providers. The free DHA Provider Resilience app gives frontline providers tools to keep themselves productive and emotionally healthy. #DigitalHealth #ProviderResilience		This is a video.	https://www.youtube.com/watch?v=JhjsWmhtnUs
LinkedIn	The intense demands of #COVID19, can lead to compassion fatigue and secondary traumatic stress for us as providers. The free DHA Provider Resilience app gives frontline providers tools to keep themselves productive and emotionally healthy. #DigitalHealth #ProviderResilience			
Twitter	The intense demands of #COVID19, can lead to compassion fatigue and secondary traumatic stress for us as providers. The free DHA Provider Resilience app gives frontline providers tools to keep themselves productive and emotionally healthy. #DigitalHealth #ProviderResilience			

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Facebook	The fast pace of military operations and fighting #COVID19 affects the entire military community - especially, for us as health care providers. The free DHA Breathe2Relax app helps with stress management and diaphragmatic breathing. #DigitalHealth #ProviderResilience		This is a video.	https://www.youtube.com/watch?v=myLwr-86lOk
Twitter	The fast pace of military operations and fighting #COVID19 affects the entire military community - especially, for us as health care providers. The free DHA Breathe2Relax app helps with stress management and diaphragmatic breathing. #DigitalHealth #ProviderResilience			
LinkedIn	The fast pace of military operations and fighting #COVID19 affects the entire military community - especially, for us as health care providers. The free DHA Breathe2Relax app helps with stress management and diaphragmatic breathing. #DigitalHealth #ProviderResilience			
Facebook	During these stressful times, it is important military health care providers practice self-care. The free DHA Military Meditation Coach podcast can help us to unwind and recenter. #DigitalHealth #COVID19		This is a video.	https://www.youtube.com/watch?v=Sq-1-GQ3Xg8
LinkedIn	During these stressful times, it is important military health care providers practice self-care. The free DHA Military Meditation Coach podcast can help us to unwind and recenter. #DigitalHealth #COVID19			
Twitter	During these stressful times, it is important military health care providers practice self-care. The free DHA Military Meditation Coach podcast can help us to unwind and recenter. #DigitalHealth #COVID19			
Facebook	The only way we will get through #COVID19 is to take care of ourselves and each other. If we don't take care of ourselves when we need it, we can't give patients the best possible care when they need it. #ProviderResilience		This is a video.	https://www.youtube.com/watch?v=fAuSgm-MQekc&list=PL8PcX-BrsYZ8HReXA-RH6jpp39oWy-aFNfc&index=2
LinkedIn	The only way we will get through #COVID19 is to take care of ourselves and each other. If we don't take care of ourselves when we need it, we can't give patients the best possible care when they need it. #ProviderResilience			
Twitter	The only way we will get through #COVID19 is to take care of ourselves and each other. If we don't take care of ourselves when we need it, we can't give patients the best possible care when they need it. #ProviderResilience			

Channel	Content	Image Thumbnail	File Name	Related Links
Facebook	The @DefenseHealthAgency's free Provider Resilience app aims to help frontline care teams remain productive and emotionally healthy as we care for our nation's service members, retirees, and their families. #ProviderResilience #COVID19 Apple: https://apps.apple.com/us/app/provider-resilience/id559806962 Android: https://play.google.com/store/apps/details?id=org.t2.pr&hl=en_US&gl=US		PR_PRApp.png	
LinkedIn	The @Defense Health Agency's free Provider Resilience app aims to help frontline care teams remain productive and emotionally healthy as we care for our nation's service members, retirees, and their families. #ProviderResilience #COVID19 Apple: https://apps.apple.com/us/app/provider-resilience/id559806962 Android: https://play.google.com/store/apps/details?id=org.t2.pr&hl=en_US&gl=US			
Twitter	The @D0D_DHA's free Provider Resilience app aims to help frontline care teams remain productive and emotionally healthy as we care for our nation's service members, retirees, and their families. #ProviderResilience #COVID19 Apple: https://apps.apple.com/us/app/provider-resilience/id559806962 Android: https://play.google.com/store/apps/details?id=org.t2.pr&hl=en_US&gl=US			
Facebook	We're thankful for the health care providers serving to combat #COVID19.		PR_ThankYou.png	
LinkedIn	We're thankful for the health care providers serving to combat #COVID19.			
Twitter	We're thankful for the health care providers serving to combat #COVID19.			
Facebook	The selfless efforts of our frontline workers and health care providers continue to benefit our service members worldwide!		PR_Providers.png	
Twitter	The selfless efforts of our frontline workers and health care providers continue to benefit our service members worldwide!			
LinkedIn	The selfless efforts of our frontline workers and health care providers continue to benefit our service members worldwide!			
Facebook	Clear your mind between rotations with the Military Meditation Coach podcast. Featuring military professionals, the podcast leads you in short moments of meditation. https://go.usa.gov/xA4jB		PR_MMC.png	https://health.mil/About-MHS/OASDHA/Defense-Health-Agency/Operations/Clinical-Support-Division/Connected-Health/Military-Health-Podcasts#/meditation
LinkedIn	Clear your mind between rotations with the Military Meditation Coach podcast. Featuring military professionals, the podcast leads you in short moments of meditation. https://go.usa.gov/xA4jB			
Twitter	Clear your mind between rotations with the Military Meditation Coach podcast. Featuring military professionals, the podcast leads you in short moments of meditation. https://go.usa.gov/xA4jB			

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Facebook	Dr. Kelly Blasko, counseling psychologist, @DHACConnectedHealth, reminds us of the realities of burnout and stress when working during #COVID19 #providerresilience		PR_Blog.png	https://www.dvidshub.net/news/365824/covid-19-world-pace-yourself-stay-resilient-and-avoid-burnout
LinkedIn	Dr. Kelly Blasko, counseling psychologist, @DHACConnectedHealth, reminds us of the realities of burnout and stress when working during #COVID19 #providerresilience			
Twitter	Dr. Kelly Blasko, counseling psychologist, @DHACConnected, reminds us of the realities of burnout and stress when working during #COVID19 #providerresilience			
Facebook	Using @DefenseHealthAgency's Virtual Hope Box can be helpful as its tools can help alleviate stress and anxiety. Apple: https://apps.apple.com/us/app/virtual-hope-box/id825099621 Android: https://play.google.com/store/apps/details?id=com.t2.vhb&hl=en_US&gl=US		PR_VHB.png	
LinkedIn	Using @DefenseHealthAgency's Virtual Hope Box can be helpful as its tools can help alleviate stress and anxiety. Apple: https://apps.apple.com/us/app/virtual-hope-box/id825099621 Android: https://play.google.com/store/apps/details?id=com.t2.vhb&hl=en_US&gl=US			
Twitter	Using @DoD_DHA's Virtual Hope Box can be helpful as its tools can help alleviate stress and anxiety. Apple: https://apps.apple.com/us/app/virtual-hope-box/id825099621 Android: https://play.google.com/store/apps/details?id=com.t2.vhb&hl=en_US&gl=US			
Facebook	@DefenseHealthAgency's Breathe2Relax is a great tool to guide you through breathing cycles, track heart rate, and monitor levels of stress. Apple: https://apps.apple.com/us/app/breathe2relax/id425720246 Android: https://play.google.com/store/apps/details?id=org.t2health.breathe2relax&hl=en_US&gl=US		PR_B2R.png	
LinkedIn	@DefenseHealthAgency's Breathe2Relax is a great tool to guide you through breathing cycles, track heart rate, and monitor levels of stress. Apple: https://apps.apple.com/us/app/breathe2relax/id425720246 Android: https://play.google.com/store/apps/details?id=org.t2health.breathe2relax&hl=en_US&gl=US			
Twitter	@DoD_DHA's Breathe2Relax is a great tool to guide you through breathing cycles, track heart rate, and monitor levels of stress. Apple: https://apps.apple.com/us/app/breathe2relax/id425720246 Android: https://play.google.com/store/apps/details?id=org.t2health.breathe2relax&hl=en_US&gl=US			

Channel	Content	Image Thumbnail	File Name	Related Links
Facebook	While providers worldwide are responding to the #COVID19 pandemic, it's important to also recognize mental health and wellbeing. Understand the signs of burnout and always practice self-care. #ProviderResilience		PR_Self-Care_1.png	
LinkedIn	While providers worldwide are responding to the #COVID19 pandemic, it's important to also recognize mental health and wellbeing. Understand the signs of burnout and always practice self-care. #ProviderResilience			
Twitter	While providers worldwide are responding to the #COVID19 pandemic, it's important to also recognize mental health and wellbeing. Understand the signs of burnout and always practice self-care. #ProviderResilience			
Facebook	Working together and maintaining a healthy and supportive work environment is vital during in the #COVID19 pandemic. #ProviderResilience		PR_Self-Care2.png	
LinkedIn	Working together and maintaining a healthy and supportive work environment is vital during in the #COVID19 pandemic. #ProviderResilience			
Twitter	Working together and maintaining a healthy and supportive work environment is vital during in the #COVID19 pandemic. #ProviderResilience			
Facebook	Make an effort to limit your media consumption and only share updates surrounding #COVID19 from reputable medical news sources such as the @CDC or the @WHO.		PR_Resources.png	
LinkedIn	Make an effort to limit your media consumption and only share updates surrounding #COVID19 from reputable medical news sources such as the @CDC or the @WHO.			
Twitter	Make an effort to limit your media consumption and only share updates surrounding #COVID19 from reputable medical news sources such as @CDCgov or the @WHO			
Facebook	The #COVID19 pandemic has been a marathon-like effort. Take breaks and find support as needed.		PR_Self-Care3.png	
LinkedIn	The #COVID19 pandemic has been a marathon-like effort. Take breaks and find support as needed.			
Twitter	The #COVID19 pandemic has been a marathon-like effort. Take breaks and find support as needed.			