



Emory Wellness Wednesday
NEWSLETTER
 Volume #1
 March 18, 2020



WELCOME

Happy Wednesday and welcome to the Wellness Wednesday Newsletter. In the face of coronavirus, it is easy to be overwhelmed and lose sight of the importance of our personal health as care providers. This weekly newsletter will serve as a guide to self-care, comfort and happiness in this challenging time.

Please submit your concerns:
[The Wellness Committee](#)

ACTS OF KINDNESS

Smile!

Say Thank you!

Maintain a positive attitude!

[Send Virtual Match Day Congrats to an Emory M4 by March 19](#)

[See Positivity Blog](#)

CHILDCARE

Having adequate childcare is a big source of stress, but creative solutions and backups are important. Please click below.

Resources:

[HR Childcare List *](#)

[Activities for Children](#)

MINDFULNESS

Meditate

Pray

Journal

[Corona Virus Sanity Guide \(FREE\)](#)

[Headspace \(FREE\)](#)

[Virtual Therapy](#)

EMORY UPDATES

[Emory COVID-19 Webpage](#)

[GYN OB Chair Updates *](#)

[FSAP Stress Management](#)

(*requires Emory log in)

SOCIAL “SOCIAL DISTANCING”

Join a [Move More Challenge Team](#) by 3/23!
 GYNasaurus Rexes, GYN OB Walking Warriors, GYNOBWELL, Maternal FEET-al Medicine, Ovary-chievers, Push It Real Good, The Riot Girls, Up a Creek

[Virtual Museum Tours](#)

Virtual Coffee/Wine Dates via Zoom

Health Tip of the Week

When you are home, try to be outside!

EMAIL ETIQUETTE

Do not reply all unless necessary for all parties to see new information.

Filter your inbox: [WikiHow Link](#)



MEET YOUR GYN OB WELLNESS COMMITTEE



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