

#### PERSPECTIVES ON RACE

- Prioritizing Physician Mental Health
- Emory Professor of Medicine Dr. Manning's <u>The Nod</u>, <u>Perspective in the time of COVID</u>
- <u>ACOG, In Solidarity message</u>
- <u>SMFM racism statement</u>
- <u>AMA warns against xenophobia, racism</u>
- <u>AMA Police brutality must stop</u>
- <u>NMA Calls for Comprehensive Reform</u>

For more personal perspectives follow #MedTwitter, watch <u>Bryetta</u> and read opinion <u>Your Black Colleagues Aren't Okay</u>

#### **EMORY UPDATES**



Emory <u>Solidarity Vigil</u> June 5 at 4 pm <u>Emory Lifestyle and Medicine Wellness</u> offers a 5-pillar whole-body approach to wellness

The Whole Health Cure Podcast by Dr. Bergquist

#### SOCIAL MEDIA MENTAL HEALTH TIPS

- 1. Control your feed
- 2. Monitor your screen time and set limits
- 3. Set self-care goals
- 4. Find time for daily meditation
- 5. Take a social media break
- 6. Subscribe to positive podcasts
- 7. Ask for help when you need it



#### HEALING

Through Education Yale's free <u>The Science of Well Being Course</u> Emory's <u>Compassion Training</u>

*Through Meditation* Deepak Chopra's Creating Abundance <u>21 Day Challenge</u>

<u>Calm</u> & <u>Headspace</u>



"Reduce stress with a simple 4-7-8 breathing technique. Inhale for a count of four, hold it for a count of seven, and exhale for a count of eight. Repeat and re-energize!"

#### KUDOS!!!

- Congratulations to our outgoing chief residents, Drs. Hattink, Robertson and Rondon, and incoming chief residents, Drs. Kellerhals, Krishna and Vuncannon!
- Kinsey McMurtry and Leslie Brown For all their tireless work behind the scenes ensuring that our Department continues to work! Thank you so much!

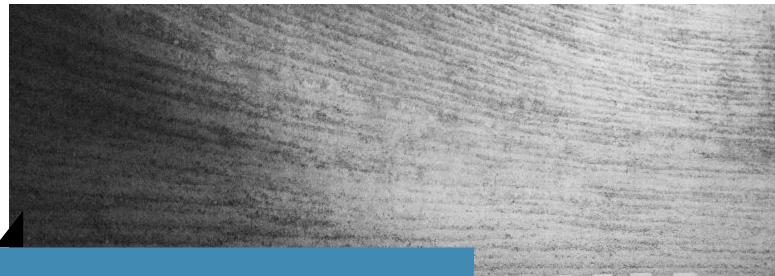
Submit kudos to members of the GYN/OB Department <u>here</u>

#### RACE AND MENTAL HEALTH

Happy Wednesday and welcome to the June Wellness Wednesday Newsletter. This monthly newsletter will serve as a guide to self-care, comfort and happiness in this challenging time. Please click the links for resources and information. Also, please submit your concerns and ideas to: <u>The Wellness Committee</u>

### ANTI-RACISM RESOURCES





# WE ARE IN



## THIS TOGETHER