# ONLYI HADTHE TIME

This week we transition into our Blue, Gold and Green Teams to cover our patients and work from home in self-quarantine. In the face of Covid-19, it is easy to be overwhelmed and lose sight of the importance of our personal health as care providers. Send your home productivity pictures to Dr. Victoria liang or use the # above to post online! Please submit your concerns to: The Wellness Committee

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**EMOTIONAL HEALTH**

Stress Management

Emergency Services

Alcohol/Substance Abuse

Suicide Prevention: 1-800-273-TALK (8255)

**FAMILY**

Parents need stress relief, too!

SmartPath Financial Coaching

Resources:

- HR Childcare List *
- Elder Care

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**EMORY UPDATES**

SOM Wellness Forum Video

HR Work from Home Tips

SOM COVID-19 Webpage

GYN OB Chair Updates *

(*requires Emory log in)

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**SOCIAL DISTANCING**

Join a Move More Challenge Team this week! Emory Eggles, GYNasaurus Rxes, GYN OB Walking Warriors, Ovary-chievers, The Riot Grls Walking on Wednesdays!

Share your gratitude: GYN OB Gratitude Form

Virtual Tours: National Parks of the US!

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**MINDFULNESS**

CBCT Program to host online daily compassion practice and fellowship!

Mon-Fri @ 7pm, Sat/Sun 9am

Meditation & Discussion by Emory-certified CBCT instructor: FREE

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**YOGA DAILY**

Emory Virtual Yoga 5:30 pm

Down Dog Yoga

Core Power Yoga

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**Health Tip of the Week**

Disconnect from your screen for a set time per day!