



## 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](#)

### #IFONLYIHADTHETIME

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 Jiang](#) or use the # above to post online! Please submit your concerns to: [The Wellness Committee](#)

## EMORY UPDATES

SOM Wellness Forum [Video](#)

[HR Work from Home Tips](#)

[SOM COVID-19 Webpage](#)

[GYN OB Chair Updates \\*](#)

(\*requires Emory log in)

## 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](#)

### Health Tip of the Week

*Disconnect from your screen for a set time per day!*

## SOCIAL "SOCIAL DISTANCING"

Join a [Move More Challenge Team](#) this week!  
Emory Eggles, GYNasaurus Rexes, GYN OB Walking Warriors, Ovary-chievers, The Riot Grrls  
[Walking on Wednesdays!](#)

Share your gratitude: [GYN OB Gratitude Form](#)

#### Virtual Tours:

[National Parks of the US!](#)

## YOGA DAILY

[Emory Virtual Yoga 5:30 pm](#)

[Down Dog Yoga](#)

[Core Power Yoga](#)



# MEET YOUR GYN OB RESIDENT WELLNESS COMMITTEE



Dr. Haben Debessai



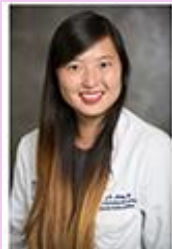
Dr. Gia Garrett



Dr. Brooke Hyman



Dr. Victoria Jiang



Dr. Sarah Kellerhals



Dr. Gopika Krishna



Dr. Ying Liu



Dr. Amy Ottensmeyer



Dr. Mallory Youngstrom

