Healthy Eating!

Eat less meat, or switch to a plant-based diet.

Check out these great books:
- VB6: Eat Vegan Before 6:00
- The New Becoming Vegetarian
- The Vegetarian Cookbook for Beginners
- Isa Does It
- Vegan for Everybody

Maternal Mental Health

- Maternal Mental Health Awareness Week was May 4-8. What is MMH Week?
- The Blue Dot Project reduces stigma for maternal mood disorders. 1 in 5 will suffer from peripartum mood disorders.
- World maternal mental health day is not officially recognized. The Maternal Mental Health Task Force is leading this effort.
- NYT: “This is Your Brain on Motherhood”

Happy Wednesday and welcome to the Wellness Wednesday Newsletter. This weekly 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: The Wellness Committee

Environment Protection Tips

- Consider a switch to public transportation, active commuting, carpooling, or an electric vehicle: Emory Commute Options
- Telework more, use tele-meetings, avoid single trips and driving around.
- Go outside and appreciate the decrease in smog, the clearer vistas, the happy flora and fauna that are rejuvenated by our cleaner air. The Himalayas are visible from Punjab for the first time in 30 years!

Emory Healthcare hosts a Virtual Spa Day
Emory Law offers estate planning
FSAP extends hours to 5 – 9 pm
HR Professional Development courses

Childcare

The Gold, Blue, and Green Team work from home schedule ends this week. Childcare may become a source of stress. See these resources below:
- An interactive site with well-organized plans for learning at home
- Grady Childcare Connection FB Group
- Emory Work-Life summer camp list
- Emory Back up care

Kudos!!!

- Kudos to Dr. Missy Kottke for her work with the If I Only Had the Time Curriculum. The manuscript series was excellent!
- Kudos to Dr. Sandra Reed for beginning her term as District IV chair for ACOG!
- Kinsey McMurtry and Leslie Brown for all their tireless work behind the scenes ensuring that our Department continues to work! Thank you so much!
- KUDOS to Dr. Ti who has been an excellent leader in clinic.
- KUDOS to all residents stepping into new and uncharted roles.