

Wellness

Faculty Staff Assistance Program (FSAP) Resources

- Ongoing Zoom Stress Debriefing and Support Sessions have been developed by the Department of Psychiatry and Behavioral Sciences and FSAP are coordinating group stress debriefing and support sessions via Zoom. Please contact FSAP at efsap@emory.edu to arrange a session
- Emory's CBCT® Program for online Compassion Practice and Fellowship
 - Two times per day, 9 am and 7 pm EST, 45 minutes of guided meditation and discussion led by an Emory certified CBCT® instructor, free and open to everyone. For details, see [CBCT's COVID-19 Response](#) or [click here](#) to join the video conference directly.
- [Healthy Emory Wellness site](#)
- [Check out Blomeyer fitness center's virtual resources](#)

Questions? Please contact the [Office of Faculty Development and Research](#).