

**MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM**  
MAY 11, 2022



**MESSAGE FROM THE CHAIR**

Dear Faculty, Staff and Trainees,

It sure feels like Spring out there! I hope that with the arrival of warmer weather, you have the opportunity to spend more time outside, even if it is because you are skipping the ride on LUCY and hoofing it the rest of the way to work instead. Spring brings many other things like graduations; our Residents and Fellows graduate on June 16 and the medical students on May 15. Gives us a good excuse to celebrate and send them warm congratulations! And sapeaking of celebrating, I really hope you can join us for our Beginning of Summer Picnic to be held on Tuesday June 7 from 5:30-7:30 at the Sunset Social, 129 S 30th Street, on the roof. It will be outdoors so should be COVID safe. It should be really fun, and I look forward to having a chance to say hello in person in a more relaxed environment!

Of course, summer is traditionally vacation season. You don't have to take vacation during the summer, but if you don't, take the opportunity to plan a vacation. It doesn't have to be fancy. Anything from a staycation with daily fun activities (or just hanging out!), to camping, to a drive to Delaware Water Gap National Park can be super energizing. I personally find it very helpful to have a change of scene. It helps me "reset" because I have to think about other things like: where am I going to place the bear barrels at night before climbing into the tent?????

I also want to thank you for all you do. I know it has been very challenging because, just as we think we have turned the corner with COVID, it rears its ugly head again. The last two weeks have been especially tough at 3535 with many of us having to deal with it personally, either for ourselves or for our families. So please, take good care of yourself. At least, by now we all know what to do to try to stay safe. Also, remember to build your resilience because these recurring waves of infection can be tiresome, at best. Please practice gratitude. Find something, no matter how small, to be grateful for every single day. Please practice altruism, remember that our jobs make that easier because we are ALL in the business of helping others by being clinicians, educators, researchers, or staff that makes it all possible. Finally try to stick to your routines regarding eating, sleeping and exercise; it will really help you stay strong. You are very, very important and we really want you to be well.

Warmly, m

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#### **CONGRATULATIONS EAP TEAM**



Ben Evans has been promoted to Senior EAP Account Manager for the extraordinary work he has done managing the Philadelphia Client Organization Network.



Kristina Kotecha has been promoted to EAP Clinical Account Manager providing SAP (Substance Abuse Professional) services and a growing list of Account Management services.

The Care Manager role has now been renamed EAP Clinician. Thank you to the whole team for your service.

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## 8 STRATEGIES FOR A HEALTHY SPRING

Help prevent chronic diseases like type 2 diabetes, heart disease, and cancer with these 8 healthy habits for spring.

- Move More, Sit Less - Get at least 150 minutes of moderate-intensity aerobic activity (e.g. at least 20 minutes a day or 30 minutes on 5 days) every week, plus muscle-strengthening activities at least 2 days a week.
  - Eat a Healthy Diet - Try healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.
  - Rethink Your Drink - Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.
  - Get Enough Sleep - Adults need at least 7 hours of sleep at night. Did You Know?
    - ✓ Kids 6-12 need 9-12 hours of sleep a night.
    - ✓ Teens 13-18 need 8-10 hours of sleep a night.
  - Be Sun Safe - Wear long-sleeved shirts and long pants, a wide-brimmed hat, and sunglasses, and use broad-spectrum sunscreen with at least SPF 15.
  - Brush Your Teeth - Brush twice a day with fluoride toothpaste.
  - Don't Use Tobacco - You can do it! Call 1-800-QUIT-NOW for free support.
  - Learn Your Health History - Talk to your family and your doctor about your family health history.
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## HOW TO SLEEP BETTER

You can take steps to improve your sleep habits. First, make sure that you allow yourself enough time to sleep. Learn strategies for getting enough sleep in the Sleep Deprivation and Deficiency Health Topic. It may help to:

- Spend time outside every day, if possible, and be physically active.
  - Avoid nicotine and caffeine.
  - Avoid heavy or large meals within a couple hours of bedtime. Also, avoid alcoholic drinks before bed.
  - Go to bed and wake up at the same time every day.
  - Use the hour before bed for quiet time. Avoid exercise and bright light.
  - Take a hot bath or use relaxation techniques before bed.
  - Keep your bedroom quiet, cool, and dark.
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## HEALTH TIPS

- Wear sunglasses that block both UVA and UVB rays for the best protection.
  - Make half your plate fruits and vegetables and half your grains whole grains.
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## NATIONAL HEALTH OBSERVANCES

Each month, we feature select National Health Observances (NHOs) that highlight important health issues affecting people in the United States every day. The NHOs in our April roundup help raise awareness about National Minority Health Month, World Immunization Week, and World Health Day.

- **National Minority Health Month** - This April, the theme of National Minority Health Month is Active & Healthy — and the [Office of Minority Health \(OMH\)](#) and [our Move Your Way campaign](#) are teaming up to promote the benefits of physical activity!
- **World Immunization Week** - The World Health Organization (WHO) is sponsoring [World Immunization Week](#) from April 24 to 30, and this year's theme is #VaccinesWork for All.
- **World Health Day** - This year on April 7, WHO celebrates [World Health Day](#) by highlighting the importance of nurses and midwives and calling for a strengthening of the nursing and midwifery workforce.
- **STD Awareness Week** - From April 10 to 16, the Centers for Disease Control and Prevention (CDC) recognizes [STD Awareness Week](#) to help people gain the tools and knowledge to prevent, test for, and treat STDs — and to eliminate STD-related stigma, fear, and discrimination.

Together, we can take steps to improve the nation's health!

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## SECOND WEDNESDAY WEBINAR SERIES

Managing Change in Our Ever-Evolving World

Date: 04/13/2021 | Time: 1:30 PM to 2:30 PM EST

Join us for this session where we will discuss change management and ultimate adaptability.

Register [here](#).

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Create your new account at  
[penmedicineap.mylifeexpert.com](https://penmedicineap.mylifeexpert.com)  
or Scan Here to Download:



When creating a new account, use company code: PH045

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## WELLNESS RESOURCES

Click [here](#) to access our Wellness Resources.

During these uncertain times, help is available through [PennCOBALT](#) and [PennMedicineTogether](#).

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## THANK YOU FOR YOUR SERVICE.

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### Vision

Promoting health for the brain and mind to transform lives and the world.

### Mission

Penn Psychiatry develops and implements new ideas to understand, prevent, and treat disorders of the brain and mind, through innovative research and discoveries, outstanding educational, world renowned clinical services, and transformational public health policies.

Click [here](#) to access the Penn Psychiatry website.

Click [here](#) to access the CPUP Committee on Anti-Racism

