Wellness Check – November 4, 2020
A DAY OF WELL-BEING

PURPOSE
November 4th is just days away. We are in the middle of responding to COVID-19, social justice movements, and a heavy political climate. All signs suggest it’s time for a break.

The Resiliency Center and friends welcome you to a day of wellness offerings. With live and pre-recorded options, you can take a few minutes to find some release.

A day of well-being for individuals, teams, trainees and our local Utah community.

LIVE VIRTUAL SESSIONS | 11.04.20

• 7:30-8:00 a.m. Mindfulness—Trinh Mai, LCSW

• 12:00-12:30 p.m. Art activity—Saundra Shanti, BCC

• 12:30-1:00 p.m. Well-being check-in—Jean Whitlock, LCSW

• 1:00-1:30 p.m. Mindfulness—Trinh Mai, LCSW

PRE-RECORDED SESSIONS (24/7)

• Mindfulness—Trinh Mai, LCSW

• Art activity: “Zentangle”—Saundra Shanti, BCC

• Writing activity: “In Other Words: Letting Go”—Susan Sample, PhD, MFA, and Writer-in-Residence at HCI in a virtual writing activity to disarm the discourse of others and reclaim language for your own well-being.

• Science of Wow: Cultivating Awe and Wonder as a Resilience Strategy (58 minutes) From psychologist Dr. Bryan Sexton’s Duke Monthly Webinar Series.

CHECK-IN 11.4.20 (SAME-DAY)

Need 15-30 minutes to check in with your team? Contact the Resiliency Center (resiliencycenter@hsc.utah.edu) to reserve a same-day time slot with a Resiliency Center facilitator to guide connection.

For residents and fellows, please contact GME wellness at amy.armstrong@hsc.utah.edu.

(Learn to lead your own check-in here.)

OTHER WAYS TO PARTICIPATE

Other ways to participate are to take care of yourself!

• Take breaks
• Try some media fasting or look intentionally for good news
• Connect with a friend or loved one
• Move the body
• Please have a laugh
• Hum or sing along to your favorite song
• Nourish yourself with good food, rest, and water

Mindfulness Breaks—Trinh Mai, LCSW
• Wednesdays: 1-1:30 p.m
• Click to access Zoom.

Mindfulness Breaks—David Sandweiss, MD
• Mondays: Noon-12:20 p.m
• Click to access Webex

BIPOC Check-in & Support—Trinh Mai, LCSW
A space for people who identify as Black, Indigenous, People of Color to check-in, share, and connect. If you identify as white, please join the mindfulness offering on Wednesdays from 1-1:30 pm.
• Thursdays BIPOC check-in: 12-1:00 p.m. (Mountain Time)
• Click to access Zoom.
• Meeting ID: 921 0560 8047