

This Holiday season is different in so many ways. Reframing our thoughts to be intentional about the silver linings in spite of the layers of challenges that continue to impact us has helped coping and promote resilience and rejuvenation. Hope you find these helpful with this reframing.

Pandemic

*What if you thought of it
as the Jews consider the Sabbath—
the most sacred of times?*

*Cease from travel.
Cease from buying and selling.
Give up, just for now,
on trying to make the world
different than it is.
Sing. Pray. Touch only those
to whom you commit your life.
Center down.*

*And when your body has become still,
reach out with your heart.
Know that we are connected
in ways that are terrifying and beautiful.
(You could hardly deny it now.)
Know that our lives
are in one another's hands.
(Surely, that has come clear.)
Do not reach out your hands.
Reach out your heart.
Reach out your words.
Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.*

*Promise this world your love—
for better or for worse,
in sickness and in health,
so long as we all shall live.*

Lynn Ungar 3/11/20

Here are things to remember

You are doing the best you can. There are events that you cannot control. I love these words of wisdom by Winnie the Pooh author A. A. Milne

***"YOU ARE BRAVER
THAN YOU BELIEVE,
STRONGER THAN YOU
SEEM, AND SMARTER***

Reframe and remember your Happy Place, A positive attitude matters

Remember to H.A.L.T, avoid getting to hungry, angry and tired

Reflect on what brings meaning and joy to your life

Witnessing the courage of our patients we learn what provides them with meaning, hope, strength and resilience, *this is motivating and inspirational.*

Get enough rest, exercise and sleep. Set boundaries. This is a time when the ability to compartmentalize can be helpful

Relationships matter. Connect creatively with safe physical distancing. Create a specific space for affirmations, gratitude and fun

Make sure to check-in with your buddy's. Few things to reflect personally and check with your colleagues:

- Do I/you have everything I/you need to be safe?
- Do I/you have a strategy to protect my/your loved ones, family?
- What is hardest about this right now?
- What concerns me/you most?
- Who can I/we speak with?

Useful Ted Talks

https://www.ted.com/playlists/245/talks_for_when_you_feel_totall

Kim Judd and Pam Scott have done an amazing job organizing the well-being page on our website. Here is the link to some important resources.

UTCOCM Well-Being Page



Mental Health Resources



Continue

*Into a world which needed you
My wish for you
Is that you continue*

Continue

*To be who and how you are
To astonish a mean world
With your acts of kindness*

Continue

*To allow humor to lighten the burden
of your tender heart*

by Maya Angelou

**Wishing you and yours a peaceful, safe and Blessed
Holiday Season!**

—Mukta Panda MD MACP FRCP-London

For Additional Information please go to our Well-Being Website at <https://uthsc.edu/comc>