



The Wellness Wire

Herbert Wertheim College of Medicine

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An initiative of the Faculty Assembly Steering Committee, the Office of Medical Student Support Services, the Fit & Well Committee, the Assistant Dean of Faculty Development, and the Division of Education and Faculty Development in the Department of Humanities, Health, and Society.

Greetings as we all learn to reframe our lives during these unprecedented times. Recognizing that figuring out how to work from home can be challenging, the Faculty Assembly Steering Committee has launched this initiative to provide resources for faculty and staff to foster our collective well-being.

RESOURCE EDITION, *Editor: Suzanne Minor, MD*

Today's issue is focusing on mental wellbeing during the coronavirus pandemic; all items are on the website!

[Every Mind Matters](#)

In the last Resource Edition of the Wellness Wire, we discussed the National Health Service (NHS) webpage devoted to staying active. Today, we highlight the NHS website dedicated to mental health. This website gives simple and practical advice on a range of ways to have a healthier mind and get more out of life – from how to deal with stress and anxiety, to boosting mood or sleeping better. There's a section dedicated just to wellness during the pandemic. This site was created by Public Health England, approved by the NHS, and endorsed by the Royal College of General Practitioners.

[In Times of Crisis, a Little Thanks Goes a Long Way](#)

Harvard Business Review articles are often high quality and applicable to many worksites. This article is no exception. It details five strategies for managers to express their appreciation to employees during the pandemic. The literature has clearly shown that

gratitude is a powerful tool for enhancing one's own wellness. (I use this with patients often.) This article builds on the idea that expressing gratitude enhances one's well-being, particularly in the virtual workplace.

[Zoom Zumba](#)

This virtual exercise class--taught by the HWCOC's own Amilcar Castellano--is sponsored by the FIU Wellness and Recreation Center. Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training, alternating fast and slow rhythms, and resistance training. Join virtually for this fun and interactive workout! This Zoom class occurs Fridays at 6:30 PM, Saturdays at 10:30 AM, and Tuesdays at 6:30 PM. The Zoom meeting ID is 353 074 3565

[HWCOC Wellness Website](#)

This webpage is updated regularly as new wellness resources are discovered. Feedback and ideas for resources can be emailed directly to seminor@fiu.edu.

To get to the website, go to medicine.fiu.edu and scroll down to the link. Or here is the direct link:

<https://medicine.fiu.edu/resources/employees/wellness-during-the-coronavirus-pandemic/index.html>.

Don't forget about our interactive Wellness Wall as well:

<https://teams.microsoft.com/#/school/conversations/General?threadId=19:5ff287f7a6744a96a18e22896ebd3b3a@thread.tacv2&ctx=channel>

