



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.

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A Marathon State of Mind

When I used to run marathons, there were always moments during a long race when it was a challenge to keep going. The vast majority of the time those challenges were psychological. Sure, they had a physical component, but the deeper problem was one of motivation and purpose. The ongoing changes to our scenery and schedules, combined with the fear, anxiety and unknowns that come with the coronavirus outbreak, have left many of us feeling as if we are in the midst of an odd work-from-home marathon. We face moments when it sometimes is tougher to keep going. This issue is dedicated to offering some possibilities for reducing stress and isolation for the longer race to come.

Let Home be Home

Since we are spending more time there, it might be a good time to work on projects that make your home brighter. Yes, it might even be time to do a little cleaning. Change that air conditioner filter you always forget about; throw out those vintage knick-knacks. Or

it might be a time to set up that music studio you've contemplated. While you're at it, throw on some music and just dance. Use your kitchen to its full potential; try out a new dish or use that about-to-expire flour to make a cake or two.

Pick up the Pen

If you've ever experienced getting a physical letter, you recognize the joy that it instills. These stay-at-home months might be a great time to become a pen pal. Consider taking a stab at creative writing as well. Don't worry. No one will ever have to see your coronavirus poems or short stories, but they might allow you to express yourself in new ways. Speaking of expanding your mind, putting pen to word puzzles or crosswords might offer new diversions with the added benefit of keeping you sharp.

Contemplate Community

Perhaps there's a way to have a monthly book club or a virtual forum to discuss that Netflix program you and your friends and family are binge watching. It may seem an odd time to think of volunteering, but many non-profits are short of funds and volunteers. There are numerous ways that people can give back, either remotely or in person.

Plan for the Future

This, too, shall pass and when it does, it might be good to have some invigorating plans in place. Keep running; we may not know the exact finish line, but we are all in this race together.

Don't forget about our interactive [Wellness Wall](#) as well.

