



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.

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Repopulation Edition

According to long-standing psychological theory, stress is usually increased by unpredictability and a reduced sense of control. Sound familiar these days? The question of when we will be re-opening and what that means has been on pretty much everyone's mind. Christian Morgenstien writes about intra-psychic phases in a disaster. We are apparently in the "re-integration phase".

Anticipation of going back to our "new normal" will likely trigger different feelings depending on who we are. For some, there may be some "anticipatory anxiety". Such anxiety can be readily ameliorated by shifting your future attention to positive thoughts that make sense for you. I asked different people what they felt about going back to the workplace and I got extremely different responses, ranging from "terrified" to "can't wait". Most fell someone in the middle, i.e., ambivalent. Below are some suggestions to consider, in order to make this phase more positive and to create hope.

- Choose your new office plant; you can nurture it at home until we go back. Water your old office plant or dispose of its remains.
- Didn't miss the commute? Decide on your next great audible book or play list Get your car serviced and finally get that punctured tire fixed.

- Choose your face coverings and get comfortable with them. Montreal Canadian coverings are currently cool and the latest fashion.
- Plan your FIU walking route in your mind's eye. FIU is beautiful and this visualization will have subtle effects on you now and in the future.
- Be grateful for the positive things that have occurred during the pandemic. (This one's tough.)
- While on ZOOM for the past 5+ months, did you come across anyone intriguing? Why not reach out and plan a safe cafecito meeting?
- Reflect on what you learned about yourself during your time away; write it down.
- If you are able, arrange to have Zoom connectivity and a camera on your desktop at work.
- Try not to focus on things that are out of your control. (Remember the serenity prayer.)
- We have all been "traumatized" to some extent. Respect that everyone deals with things differently. Be kind and gentle with yourself and others.
- Don't worry about the COVID 10 or 15 lbs. that you gained... most of us did... leaving me wondering if they figured that into the physical distancing equations. Jose?
- Smile, even if you are wearing a mask. You'll feel better and at least your eyes will look happy.
- Make healthy choices.



We look forward to seeing you all again and feeling your positive energy. We have missed you.

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

