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

This issue presents two resources that you might find helpful during the coronavirus pandemic. You can also find links to these resources on the HWCOM Wellness Website.

Mental Health & Wellness: Homebound During Coronavirus

The HWCOM Library put together an amazing LibGuide to help faculty and staff with this transition and new way of living. A LibGuide is an organized listing of core, relevant resources about a field into one 24-hour accessible webpage. The HWCOM Libguide on mental health and wellness has something for everyone. The topics include physician burnout/stress; dealing with COVID-19 anxiety; staying safe; local, state, and federal resources; resources for families and children working from home; what are infectious diseases; wellness; mindfulness; exercise; cooking and nutrition; gardening and nature; and creativity and hobbies.

Did you know that through the library, you can access tai chi classes online? You can! In the HWCOM LibGuide, click “Exercise.” Then in the bottom right of the next screen, click “Mastering Tai Chi.” If you’ve never done this before, just click “Don’t have an account yet? Get started” which is written in red and on the middle right of the upper screen. Then, log in with your FIU log on information and you have access to tai chi classes!

CorePower Yoga

This webpage offers ten free pre-recorded yoga classes. The shortest class is a five-minute meditation about connection to self. There are four classes that range from 20 to 30 minutes and the rest of the free classes are about an hour. Each class has a different focus, such as cardio, core, or endurance. The link for CorePower Yoga is found on the HWCOM Wellness Website under Resources for Physical Activity

HWCOM Wellness Website

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

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


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

https://teams.microsoft.com/_#/school/conversations/General?threadId=19:5ff287f7af7a6744a96a189e22896ebd3b3a@thread.tacv2&ctx=channel