

PENN PSYCHIATRY

MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM

MARCH 9, 2022



MESSAGE FROM THE CHAIR

Dear Faculty, Staff and Trainees,

Already we are in the second week in March with a beginning of the week that felt like spring. As much as it is a reminder of climate change, it made me think of gratitude and of my tiny white orchid. The little pot it is in is 4.5” high. The highest leaf is at 9”. No matter: it blooms like this periodically, 8 flowers at a time. The flowers have serious staying power and will sometimes last up to a few months! When I look at it, it makes me smile, it makes me feel grateful. It never ceases to amaze me how something so simple can be a source of joy and gratitude.



And then there is the low rate of COVID cases! Now, that is something monumental. I am feeling pretty grateful about that too!

At the same time, there are very terrible things happening in the world and for those of you who have family in the Ukraine or in the region,

my heart goes out to you. I have spoken to people about their worries even if their family is in a neighboring country. Things feel pretty unstable and unpredictable. I am proud that Penn Medicine is conducting a drive to make a donation to the people of the Ukraine. At least we can feel like we are doing something to help!

As usual, I want to end by thanking you all for the work that you do. The department is thriving and it is thanks to you and all your efforts. The work that we do is remarkably important. Whether you are taking care of patients in the clinic or in the hospital, or you are teaching the next generation, or seeking the underlying causes or treatments for psychiatric conditions, or supporting all the work with financial and operational acumen, this is extremely meaningful work. Thank you for that. Together, we can be proud of working towards alleviating human suffering.

Naturally, we also need to take care of ourselves. Please make sure you stick to your routines regarding eating, sleeping, exercising. Make time for yourself—allow yourself to engage in something you love to do. And if you have not taken a vacation in a while, please do so. It is very restorative. We need you, our community needs you, we need you to be as well as possible. So please, take good care!

Warmly, m

BREAK AWAY WITH THE KIDS FOR SPRING OUTDOOR ACTIVITIES

Spring is here, and spring break is just around the corner or already underway. For parents everywhere trying to figure out how to keep their children amused, the answer can be simple: Get them outside!

Spring is a great time to watch birds collect materials to build nests or to check out the buds as trees and shrubs begin to bloom and leaf out. It's also a time to see those early blooms that often lay soft carpets of color across the landscape.

Observation skills are important for school and life, so devise an outdoor scavenger hunt. Make a list of things they might find at a park or in a forest near you. Be specific about the type of tree or the shape of leaf they should find. Or be more general and encourage them to find coniferous trees (those with cones) or deciduous trees (those with flat leaves). With potential wildlife sightings, the hunt could include squirrels, birds, deer, ants or moths. Or have them get up close and personal with a bug.

And help children learn to respect the outdoors by “collecting” their finds on a digital camera or drawing them in a journal. Let the found items stay outdoors for others to enjoy.

Nature is a great place to use all your senses. Show children how they can feel the wind on their skin; see the wind move the leaves or branches of a tree; hear the wind through the trees; smell the flowers because the wind is bringing the scent to them. Since wind really doesn't have a certain taste; ask your kids to use their imaginations and tell you what they believe the wind tastes like.

And an added bonus: while they are enjoying the outdoors, so can you.

STRATEGIES FOR A HEALTHY SPRING

Move more, sit less, eat a healthy diet, rethink your drink, get enough sleep, be sun safe, brush your teeth, don't use tobacco, learn your health history.

HOW TO SLEEP BETTER

You can take steps to improve your sleep habits. First, make sure that you allow yourself enough time to sleep. Learn strategies for getting enough sleep in the Sleep Deprivation and Deficiency Health Topic. It may help to:

- Spend time outside every day, if possible, and be physically active.
 - Avoid nicotine and caffeine.
 - Avoid heavy or large meals within a couple hours of bedtime. Also, avoid alcoholic drinks before bed.
 - Go to bed and wake up at the same time every day.
 - Use the hour before bed for quiet time. Avoid exercise and bright light.
 - Take a hot bath or use relaxation techniques before bed.
 - Keep your bedroom quiet, cool, and dark.
-

NATIONAL HEALTH OBSERVANCES (NHOS) THAT HIGHLIGHT IMPORTANT HEALTH ISSUES AFFECTING PEOPLE EVERY DAY. BETTER

- National Colorectal Cancer Awareness Month - Each March the Prevent Cancer Foundation sponsors National Colorectal Cancer Awareness Month to spread the word

about colorectal cancer prevention. Encourage people to get tested for colorectal cancer — and to find out which test they might prefer.

- National Kidney Month - The National Kidney Foundation sponsors National Kidney Month in March to promote kidney disease awareness, prevention, and treatment.
- National Nutrition Month - Sponsored by the Academy of Nutrition and Dietetics, National Nutrition Month® is a time to help people develop healthy eating habits. For the latest guidance on healthy eating, check out the Dietary Guidelines for Americans, 2020–2025 — and share the related consumer resources with your community.
- World Tuberculosis Day - Every year the World Health Organization sponsors World Tuberculosis Day on March 24 to raise awareness about the health, social, and economic effects of tuberculosis. Share these MyHealthfinder resource on latent tuberculosis to encourage people to talk to their doctor about getting tested.

LIVE WEBINAR SERIES- COMMUNICATION SKILLS IN A VIRTUAL WORLD

Date: March 9, 2022 | Time: 1:30 PM to 2:30 PM EST

Join us to discuss tools and strategies for effective virtual communication. Click [here](#) to register.

WE HAVE ONLINE RESOURCES FOR YOU AND YOUR FAMILY TO HELP STAY EMOTIONALLY HEALTHY DURING TRAUMATIC EVENTS.

You have instant, confidential, 24/7/365 support to get access to the help you need all in the palm of your hand. Our member website provides you and your family with up-to-date information including:

[Media Coverage of Traumatic Events - Watching Traumatic News Is Related to Stress](#)

[Assistance for U.S. Citizens - Government of Ukraine declares state of emergency](#)

[Don't Try to Time the Market - Various events can cause market fluctuations](#)

[Coping with Traumatic Events](#)

[Helping Children Cope with Emergencies](#)

[Self Help and Coping](#)

[Helping Youth Cope with Stress](#)

[PTSD Family Coach: Mobile](#)

[Taking Care of Your Emotional Health](#)

Create your new account at
pennteam.mylifeexpert.com
or Scan Here to Download:



When creating a new account, use company code: PH045

WELLNESS RESOURCES

Click [here](#) to access our Wellness Resources.

During these uncertain times, help is available through [PennCOBALT](#) and [PennMedicineTogether](#).

THANK YOU FOR YOUR SERVICE.

Vision

Promoting health for the brain and mind to transform lives and the world.

Mission

Penn Psychiatry develops and implements new ideas to understand, prevent, and treat disorders of the brain and mind, through innovative research and discoveries, outstanding educational, world renowned clinical services, and transformational public health policies.

Click [here](#) to access the Penn Psychiatry website.

Click [here](#) to access the CPUP Committee on Anti-Racism





I GOT THE SHOT

“The only way we’re going to get through this is to get through it together. I am happy to encourage others to get this vaccine. We can move forward together to protect ourselves and our loved ones.”

— Patrick Mahanger
CHIEF OPERATING OFFICER, DEPARTMENT OF PSYCHIATRY