



THE COBALT WEEKLY

mental health on your terms — be comfortably human

June 01, 2020



Maintaining Resilience - For Your Team

Self-care is more important now than ever. In these half-hour group discussions, we will discuss strategies for self-care with your team, and elicit ideas from one another about useful tips to stay healthy, mentally and physically, during these stressful times. In this team environment, participants will have the opportunity to share difficult experiences and related methods of coping during this pandemic (whether at work or at home), in a confidential, supportive environment. If you would like to schedule some time to have a moderator from the Center for the Treatment and Study of Anxiety support your team in any of these ways, please request a session. We will be in touch to learn more about how we can support you, and your team's availability. Sessions are generally held from 8-8:30am and 5-5:30pm.

[request a session](#)

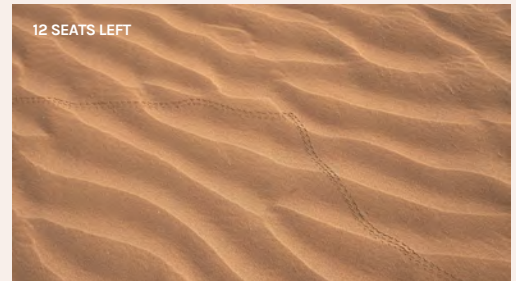
yesterday afternoon, our leadership wrote, “this is a time to reaffirm our individual and collective commitments to justice, inclusion and equity both in health care and in the broader society.” we could not agree more. our team is working to host group sessions, videos, articles, and 1:1 support that will support our community in “the fight to ensure that hatred, bigotry, discrimination, and racism have no corner in our community.” if you would like to add your voice (openly or anonymously), please write to us at cobalt@penncobalt.com

penncobalt.com



Staying Present When Feeling Anxious During Covid
Thu Jun 4 @ 12:00pm-12:30pm

[reserve a place](#)



Mindfulness Practice: Take a Fresh Start
Mon, Wed, Fri @ 5:00pm-5:30pm & Tu, Th @ 12:00pm-12:30pm

[reserve a place](#)



Color blind or color brave?
by Melody Hobson
TED TALK

14 MINUTES

[hear this and more](#)

