



MESSAGE FROM THE CHAIR

Dear Faculty, Staff and Trainees,

Spring is clearly here! It's so nice to bask in the sun on an early morning walk! Today I want to remind you of the importance of taking time off. You may have noticed I did not write a note to you last week. That is because I was on vacation. I had two family events, one in South Carolina on May 1 and one in North Carolina on May 8. To fill the gap, we went to a lovely barrier island off the coast of SC, where we had rented a small Airbnb. It was fun to walk on the beach in the morning and the evening and to barbecue on the porch. You should do this type of thing, too. Please take time for yourself. It is really important for wellbeing to unplug and have a change of scene, even if it is just going somewhere for a day to a place you don't usually visit. It can make a huge difference.

I do want to thank you for all that you do to further our missions of caring for patients, educating the next generation of clinicians and researchers, and working to find treatments and understand the underlying mechanisms of mental illness. Of course, our administrators are also super important, facilitating all this important work. Please remember to stick to your routines in terms of sleeping, eating and exercise. Find time to be grateful for something and to do something to help someone else. As I always say, altruism and gratitude are great for resilience! Keep up the great work!

Warmly,
M

ASIAN / PACIFIC AMERICAN HERITAGE MONTH

May is Asian Pacific American Heritage Month in the United States. The month of May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869. The majority of the workers who laid the tracks on the project were Chinese immigrants. As reports of anti-Asian hate and violence flood our nation, it is more important than ever that we as a community come together to stand beside our AAPI colleagues and stand against hate. Click [here](#) to learn more.

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 Mahanget
CHIEF OPERATING OFFICER, DEPARTMENT OF PSYCHIATRY

FOR QUESTIONS ABOUT THE COVID-19 VACCINE,
visit [PennMedicine.org](https://www.PennMedicine.org).

 Penn Medicine