

**PENN PSYCHIATRY**

**MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM**

JANUARY 5, 2022



**MESSAGE FROM THE CHAIR**

Dear Faculty, Staff and Trainees,

First of all, I wish you a healthy and peaceful 2022! I hope you had a chance to take some time off and unplug from work. It can be amazingly restorative! If you have not done so yet, it is not too late. Take some time even if it has to be a stay-cation. It's super important to rest and to have a change of pace and while the work we do is super important and meaningful, none of us is indispensable every single day!

It is with dismay yet admiration that I say that yes, we are again battling a huge surge in COVID cases. The UPHS census is higher than it's been since the beginning of the pandemic! And the patients are quite ill. Nonetheless, the faculty, staff and trainees across the health system have yet again risen to the occasion and taken care of our patients with wisdom, attentiveness, and grace. Psychiatry is again pivoting to mostly telehealth and I am grateful to you for your hard work. As a reminder, PSOM and UPHS have indicated that all persons who can work from home should do so. This variant is super contagious. 80% of the cases in UPHS are with the omicron variant. Moreover, 30% of inpatients had been fully vaccinated. So please, if you can work from home, please do that.

Finally, I again thank you for all the incredible work you do. Whether it is conducting research, educating the next generation or caring for patients, our work is meaningful and impactful. That said, it is important for us to pace ourselves and to make sure we take care of

ourselves by sticking with our routines, be they about exercise, eating, sleeping and the like. Build your resilience through altruism (which our work allows us to express every day!) and gratitude. We need to stay strong and healthy and these things will help!

Warmly, m

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#### **FORTIFYING YOUR RESILIENCE**

Our ability to “bounce back” is critical to pandemic. Join us to discuss effective techniques for rebounding. Your EAP at Penn Behavioral Health Corporate Services is sponsoring a live online Webinar through Life Expert called, “Fortifying Your Resilience” on January 12<sup>th</sup> from 1:30 p.m. to 2:30 p.m. Register for the event [here](#). When you create your account, your company code is PH045.

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#### **MAKE 2022 YOUR HEALTHIEST YEAR YET! - USE THESE TIPS TO BOOST YOUR HEALTH AND WELL-BEING ALL YEAR LONG.**

- Eat a Healthy Diet - Make healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.
  - Move More, Sit Less - Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.
  - Rethink Your Drink - Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.
  - Get Enough Sleep - Adults need at least 7 hours of sleep per night.
  - Don't Use Tobacco - You can do it! It's never too late to quit smoking. Quitting smoking now improves your health and reduces your risk of heart disease, cancer, lung disease, and other smoking-related illnesses.
  - Be Sun Safe- -Wear layered clothes and apply a broad-spectrum sunscreen with at least SPF 15.
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#### **MAKING HEALTHY CHANGES**

Think about the improvements you'd like to make and then take concrete steps to achieve them. Set realistic goals, develop an action plan and set it in motion.

- Set realistic goals. Write down the steps that will help you achieve them.
- Plan for obstacles. Figure out how to overcome them. Don't give up just because you've slipped.
- Track your progress. A journal or diary is one of the best tools for helping you stay focused and recover from slip-ups.
- Get help. Ask friends and family for support. Consider enrolling in a class or program.

- Reward yourself. Give yourself a healthy treat when you've achieved a small goal or milestone.
  - Add variety. Keep things interesting by adding new activities or expanding your goals to make them more challenging.
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## JANUARY NATIONAL HEALTH OBSERVANCES

The NHOs in our January roundup help raise awareness about glaucoma and cervical cancer. To make it easy for you to join the conversation, we've provided links to resources you can use to promote these NHOs with your networks. Help spread the word about these NHOs and advocate for better health in your community!

- **National Glaucoma Awareness Month**

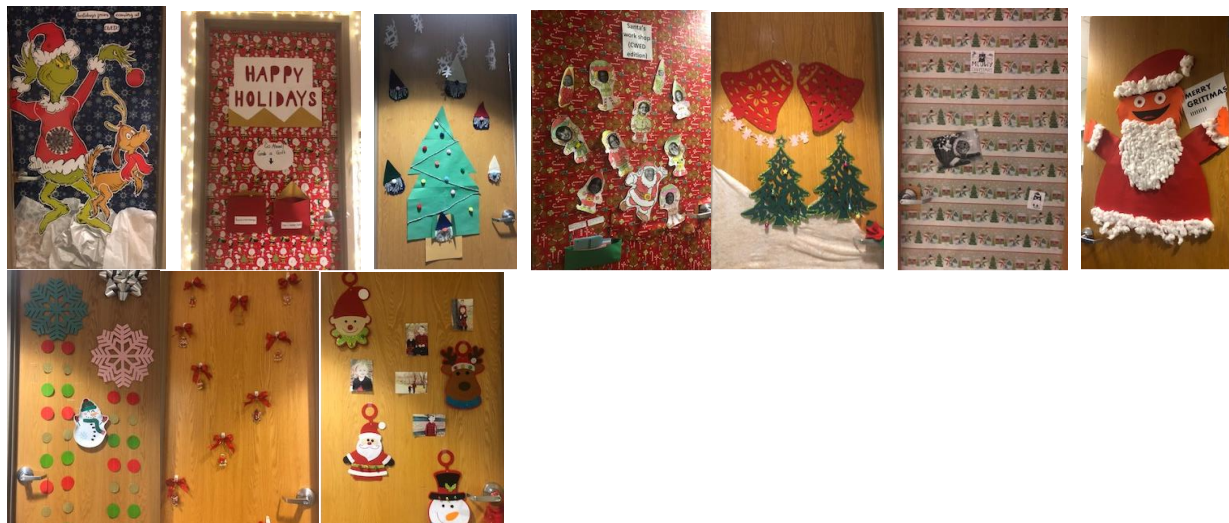
Each January, the [National Eye Institute](#) (NEI) sponsors National Glaucoma Awareness Month. Check out NEI's [Glaucoma Resources for Health Educators](#) to help spread the word about glaucoma, which is the leading cause of vision loss and blindness in the United States. You can also encourage people to get their eyes tested with healthfinder's [easy-to-understand resource](#).

- **Cervical Cancer Awareness Month**

The [National Cervical Cancer Coalition](#) uses the month of January to educate people about cervical cancer, HPV disease, and the importance of getting screened. Browse [Healthy People Cancer Objectives](#) to learn about national goals to promote cervical cancer screening. And share consumer-friendly healthfinder topics about [cervical cancer screening](#) and [the HPV vaccine](#).

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## THE HOLIDAY DOORS OF CWED



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## BUSINESS TRAVEL DURING THE CURRENT COVID-19 SURGE

In view of the current COVID-19 positivity rate and high risk for community exposure in addition to the widespread travel cancellations we are strongly discouraging national and international travel for conferences and other large professional meetings regardless of vaccine status through January 31, 2022. We will continue to reassess the situation regularly. Exceptions to this policy may be made on a case-by-case basis by senior entity leaders (CEO, Vice Dean or SVP). –Deborah A. Driscoll

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## **WELLNESS RESOURCES**

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

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

## **UPHS EMPLOYEES REGISTER FOR YOUR MY LIFE EXPERT ACCOUNT**

Create your new account at: <https://pennmedicineeap.mylifeexpert.com/>  
or Scan Here to Download



UPHS employees use company Code PH045.

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## **THANK YOU FOR YOUR SERVICE.**

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### **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

**BE**

**COMPASSIONATE**  
I serve with my head and heart.

**PRESENT**  
I show up and remain engaged.

**EMPOWERED**  
I drive results with intention.

**COLLABORATIVE**  
I partner with unwavering support.

**ACCOUNTABLE**  
I commit to every single moment.

**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.”

**— PRITIK MAHAJAN**  
CHIEF OPERATING OFFICER, DEPARTMENT OF PSYCHIATRY

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

 Penn Medicine