

Jeff Be Well Sessions

We have all been affected by COVID-19 in one way or another. Whether you are on the frontlines or in the back office or a mobile office, this pandemic has created a great deal of uncertainty and added to the level of stress we now encounter. During these rapidly changing times it's even more critical that we pull together and find ways, even while social distancing, to maintain community, support one another and practice self-care. In an effort to do just that our Integrated Behavioral Health Team is offering "Jeff Be Well Sessions", a series of 30-minute group check ins via zoom to allow you a moment to breathe, de-stress, connect with each other and talk. *Together* we will get through this difficult time. Please join us by clicking the topic of interest during the designated date and time. Feel free to send an email to Dr. Rachelle Rene (rachelle.rene@jefferson.edu) to let us know your feedback and what else you might like to see.

Our BHCs are located throughout the enterprise and will be available to support you as needed through this venue.

Thank you for all you do and continue to do. Be well and be safe!

Date	Time	Presenter	Topic
Monday, 3/30	9:30a	Susan Bash	Mental & Emotional Hygiene During COVID
Monday, 3/30	10a	Aaron Sutton	Cognitive Reframing: Managing Stress
Monday, 3/30	10:30a	Tara Robbins	Coffee Break: Staying Sane, Connected & Healthy
Monday, 3/30	11a	Rachael Rosenfeld	What I'm Feeling is Normal: Managing Grief & Anxiety
Monday, 3/30	12p	Tara Robbins	Yoga on the Go
Monday, 3/30	12:30p	Devon Punchello	Women, Work & Well-Being: Finding Balance
Monday, 3/30	1p	Kelsey McCrann	Finding a New Normal: Coping with Change
Monday, 3/30	2p	Aaron Sutton	Nutrition & Exercise During Social Distancing
Monday, 3/30	3:30p	Ashlee Battle	Stress Management Tips
Tuesday, 3/31	8:30a	Mollie Cherson	Working Remotely & Home Schooling: Staying Grounded
Tuesday, 3/31	9:30a	Susan Bash	Mental & Emotional Hygiene During COVID
Tuesday, 3/31	10a	Charlena Ware	Gentle Chair Stretch to Reduce Tension
Tuesday 3/31	10:30a	Tara Robbins	Coffee Break: Staying Sane, Connected & Healthy
Tuesday, 3/31	11a	Ashlee Battle	Stress Management Tips
Tuesday, 3/31	11:30a	Rachelle Rene & Michael Vergare	Your Mental Health Matters: Finding Community in Isolation
Tuesday, 3/31	12p	Carlyn Mast	Pregnancy During A Pandemic: Finding Balance
Tuesday, 3/31	12:30p	Manju Philip Nedumakel	Let's talk coping
Tuesday, 3/31	2:30p	Kate O'Hara	Change of Shift: Tools for the Healthcare Provider

Date	Time	Presenter	Topic
Wednesday, 4/1	7:30a	Charlena Ware	Embracing Faith as an Anchor: Steady in Unsteady Times
Wednesday, 4/1	10a	Angelo Rannazzisi	News & Mood: Finding Healthy Ways to Cope
Wednesday, 4/1	11a	Rachael Rosenfeld	What I'm Feeling is Normal: Managing Grief & Anxiety
Wednesday, 4/1	11:30a	Christine Marschilok	Nutrition & Exercise During Social Distancing
Wednesday, 4/1	12p	Tara Robbins	Yoga on the Go
Wednesday, 4/1	12:30p	Mollie Cherson	Getting Creative With Self-Care
Wednesday, 4/1	2:30p	Kate O'Hara	Change of Shift: Tools for the Healthcare Provider
Wednesday, 4/1	3:30p	Manoucheka Emmanuel	Managing Anxiety: Mindful Coping
Thursday, 4/2	8:30a	Kelsey McCrann	Finding a New Normal: Coping with Change
Thursday, 4/2	9a	Ashlee Battle	Stress Management Tips
Thursday, 4/2	10a	Charlena Ware	Gentle Chair Stretch to Reduce Tension
Thursday, 4/2	10:30a	Tara Robbins	Coffee Break: Staying Sane, Connected & Healthy
Thursday, 4/2	12p	Carlyn Mast	Pregnancy During A Pandemic: Finding Balance
Thursday, 4/2	12:30p	Charlena Ware	Gentle Chair Stretch to Reduce Tension
Thursday, 4/2	1:30p	Phansy Chun	Creativity & Stress Management for Parents
Thursday, 4/2	2p	Susan Bash	Mental & Emotional Hygiene During COVID
Thursday, 4/2	3:30p	Rachael Rosenfeld	What I'm Feeling is Normal: Managing Grief & Anxiety
Friday, 4/3	8:30a	Aaron Sutton	Cognitive Reframing: Managing Stress
Friday, 4/3	9a	Mollie Cherson	Getting Creative With Self-Care
Friday, 4/3	10a	Charlena Ware	Gentle Chair Stretch to Reduce Tension
Friday, 4/3	11a	Christine Marschilok	Women, Work & Well-Being: Finding Balance
Friday, 4/3	12p	Tara Robbins	Yoga on the Go
Friday, 4/3	12:30p	Mollie Cherson	Working Remotely & Home Schooling: Staying Grounded
Friday, 4/3	1p	Manoucheka Emmanuel	Managing Anxiety: Mindful Coping
Friday, 4/3	2p	Aaron Sutton	Nutrition & Exercise During Social Distancing
Friday, 4/3	3:30p	Angelo Rannazzisi	News & Mood: Finding Healthy Ways to Cope

Questions. Comments. Feedback. Call 858.412.9660 or email rachelle.rene@jefferson.edu