

### Jeff Be Well Sessions

In the midst of the COVID-19 pandemic, recent societal unrest has both created and added to the level of stress and angst we now encounter. During these incredibly challenging times it's even more critical that we pull together and find ways, as we continue to social distance, to maintain and build community, support one another and practice self-care. Join our Integrated Behavioral Health Team for new Jeff Be Well Sessions: Five Days of Wellness Series which includes Mindfulness

Mondays, Transformative Tuesdays, Wellness Wednesdays, Thankful Thursdays or FUNtastic Fridays. These brief 30-minute group sessions via zoom are designed to address and support our shared collective experiences during the ongoing COVID-19 pandemic. We hope you will take a moment to pause, breathe, de-stress, connect and create a sense of community with others; as well as learn simple and effective coping strategies to manage the stress, anxiety, grief and challenges stemming from the pandemic. If you have any questions or have a specific topic series you'd like to see; or if you would like a Jeff Be Well Session scheduled for your team or department, please contact

[rachelle.rene@jefferson.edu](mailto:rachelle.rene@jefferson.edu). Together we will get through this difficult time. Thank you for all you do and continue to do.

Be well!

Jeff Be Well Sessions: 5 days of Well Being (June 15 - June 26)			
Mindfulness Mondays			
June 15 & June 22	10a	Manoucheka Emmanuel	<a href="#">Mindfulness Mondays: Mindful Coping With Anxiety &amp; Stress</a>
Transformative Tuesdays			
June 16 & June 23	10a	Rachelle Rene	<a href="#">Transformative Tuesdays: Transforming our Conversations - It's Ok to Not be OK</a>
June 16 & June 23	12p	Charlena Ware	<a href="#">Transformative Tuesdays: Gentle Chair Stretch and Reflection - Reducing Tension &amp; Stress</a>
Wellness Wednesdays			
June 17 & June 24	10a	Susan Bash	<a href="#">Wellness Wednesdays: Maintaining Your Mental, Physical &amp; Emotional Wellbeing</a>
June 17 & June 24	12p	Tara Robbins	<a href="#">Wellness Wednesdays: Yoga for All</a>
Thankful Thursdays			
June 18 & June 25	10a	Mollie Cherson	<a href="#">Thankful Thursdays: Finding Joy and Gratitude Through Self-Care</a>
Funtastic Fridays			
June 19 & June 26	10a	Aaron Sutton	<a href="#">Funtastic Fridays: Summer Fun! - Activities for You and Your Little Ones</a>
Jeff Be Well Sessions: 5 days of Well Being (June 29 - July 10)			
Mindfulness Mondays			
June 29 & July 6	10a	Nicole Pimble	<a href="#">Mindfulness Mondays: Mind, Body, Spirit - Practical Strategies for Mindfulness</a>
Transformative Tuesdays			
June 30 & July 7	10a	Kelsey McCrann	<a href="#">Transformative Tuesdays: Finding Our Normal - Coping With Change</a>
June 30 & July 7	12p	Charlena Ware	<a href="#">Transformative Tuesdays: Gentle Chair Stretch and Reflection - Reducing Tension &amp; Stress</a>
Wellness Wednesdays			
July 1 & July 8	10a	Aaron Sutton	<a href="#">Wellness Wednesdays: Reframing Our Thinking - Managing Mood, Stress &amp; Eating</a>
July 1 & July 8	12p	Tara Robbins	<a href="#">Wellness Wednesdays: Yoga for All</a>
Thankful Thursdays			
July 2 & July 9	10a	Leslie Breslau & Susan Bash	<a href="#">Thankful Thursdays: Finding Joy in the Midst of Grief and Loss</a>
Funtastic Fridays			
July 10	10a	Leah Grab	<a href="#">Funtastic Fridays: Creative Approaches to Supporting Adolescents During Times of Stress</a>