

Jeff BeWell Sessions

We are embarking on another phase of the COVID-19 pandemic and we continue to be impacted by it whether directly or indirectly. During these incredibly challenging and stressful fall and winter months, we are encouraging you and/or your teams to come together and **practice wellness**. This is critical to our long-term wellbeing and mental health. We encourage you to *intentionally* take a break and join one or more of our **Jeff BeWell Sessions**. Whether you choose to stop by for Mindfulness Mondays, Transformative Tuesdays, Wellness Wednesdays, Thankful Thursdays or Fantastic Fridays, we'd be glad to have you. These brief 30-minute group sessions offered via zoom are designed to address and support our shared collective experiences during this ongoing pandemic. It's a way to help us cope with difficult emotions, learn coping strategies to manage stress, anxiety, grief and a number of challenges stemming from covid-19 and related crises. It's a reminder to take a moment to *mindfully* pause, breathe, de-stress, connect and create a sense of community. We heal not in isolation, but in community. If you have any questions or would like a customized Jeff BeWell Session scheduled for your team or department, please contact rachelle.rene@jefferson.edu. *Together* we will get through these difficult times.

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

Jeff Be Well Sessions			
Week of November 29			
Monday, 11/30	11a	Manoucheka Emmanuel	Managing Anxiety Through Mindful Coping
Monday, 11/30	1p	Angelo Rannazzisi	Sleep and Our Wellbeing
Monday, 11/30	3p	Kate O'Hara	Stress Release With a Reiki Master
Tuesday, 12/1	11:30a	Susan Bash	Meditation & Gentle Movement: Keeping Calm
Tuesday, 12/1	12:30p	Lisa Burkholder	Self Compassion in Times of Stress
Wednesday, 12/2	12p	Manju Philip-Nedumakel	Mental Health & Culture: Where Do I Fit In?
Wednesday, 12/2	12:30p	Cherry Napolitano	Hope, Kindness and Resilience
Thursday, 12/3	9a	Angelo Rannazzisi	Coping with S.A.D. (Seasonal Affective Disorder)
Thursday, 12/3	12p	Mollie Cherson	Self-Care through the Changing Weather
Thursday, 12/3	12:30p	Cherry Napolitano	Creative Stress Management for Parents and Kids in a Virtual World
Thursday, 12/3	1p	Rachael Rosenfeld	Burnout: Normalizing Your Stress Response
Friday, 12/4	10a	Carlyn Mast	Pandemic Depression Meets Seasonal Depression- Staying Healthy
Friday, 12/4	12p	Susan Bash	Meditation & Gentle Movement: Staying Centered
Friday, 12/4	12:30p	Quenise Harrison	COVID 19's Impact: Healing From Loss
Week of December 6			
Monday, 12/7	11a	Manoucheka Emmanuel	Managing Anxiety Through Mindful Coping
Monday, 12/7	12p	Mollie Cherson	Self-Care through the Changing Weather
Monday, 12/7	12:30p	Kate O'Hara	Stress Release With a Reiki Master
Monday, 12/7	1p	Angelo Rannazzisi	Sleep and Our Wellbeing
Tuesday, 12/8	1p	Lisa Burkholder	Self Compassion in Times of Stress
Wednesday, 12/9	12p	Manju Philip-Nedumakel	Mental Health & Culture: Where Do I Fit In?
Wednesday, 12/9	12:30p	Cherry Napolitano	Hope, Kindness and Resilience
Thursday, 12/10	9a	Angelo Rannazzisi	Coping with S.A.D. (Seasonal Affective Disorder)
Thursday, 12/10	1p	Rachael Rosenfeld	Burnout: Normalizing Your Stress Response
Friday, 12/11	10a	Carlyn Mast	Pandemic Depression Meets Seasonal Depression- Staying Healthy
Friday, 12/11	12p	Susan Bash	Meditation & Gentle Movement: Staying Centered
Friday, 12/11	12:30p	Quenise Harrison	COVID 19's Impact: Healing From Loss



Week of December 13			
Monday, 12/14	11a	Manoucheke Emmanuel	Managing Anxiety Through Mindful Coping
Monday, 12/14	12p	Mollie Cherson	Self-Care through the Changing Weather
Monday, 12/14	12:30p	Kate O'Hara	Managing Stress and Anxiety
Monday, 12/14	1p	Angelo Rannazzisi	Sleep and Our Wellbeing
Tuesday, 12/15	11:30a	Susan Bash	Meditation & Gentle Movement: Keeping Calm
Tuesday, 12/15	12p	Charlena Ware	Gentle Chair Stretch and Mindful Promptings for Stress Relief
Tuesday, 12/15	3p	Lisa Burkholder	Self Compassion in Times of Stress
Thursday, 12/17	9a	Angelo Rannazzisi	Coping with S.A.D. (Seasonal Affective Disorder)
Thursday, 12/17	12:30p	Cherry Napolitano	Creative Stress Management for Parents in a Virtual World
Thursday, 12/17	1p	Kate O'Hara	Managing Stress and Anxiety
Friday, 12/18	10a	Carlyn Mast	Pandemic Depression Meets Seasonal Depression- Staying Healthy
Friday, 12/18	12p	Susan Bash	Meditation & Gentle Movement: Staying Centered
Friday, 12/18	12:30p	Quenise Harrison	COVID 19's Impact: Healing From Loss
Week of December 20			
Monday, 12/21	11a	Manoucheke Emmanuel	Managing Anxiety Through Mindful Coping
Monday, 12/21	12p	Mollie Cherson	Self-Care through the Changing Weather
Monday, 12/21	1p	Angelo Rannazzisi	Sleep and Our Wellbeing
Monday, 12/21	3p	Kate O'Hara	Stress Release With a Reiki Master
Wednesday, 12/23	12p	Manju Philip-Nedumakel	Mental Health & Culture: Where Do I Fit In?
Wednesday, 12/23	12:30p	Cherry Napolitano	Hope, Kindness and Resilience
Thursday, 12/24	9a	Angelo Rannazzisi	Coping with S.A.D. (Seasonal Affective Disorder)
Thursday, 12/24	10a	Carlyn Mast	Pandemic Depression Meets Seasonal Depression- Staying Healthy
Thursday, 12/24	12p	Charlena Ware	Gentle Chair Stretch and Mindful Promptings for Stress Relief
Thursday, 12/24	12:30p	Mollie Cherson	Managing Stress and Anxiety
Thursday, 12/24	1p	Rachael Rosenfeld	Burnout: Normalizing Your Stress Response
Week of December 27			
Monday, 12/28	11a	Manoucheke Emmanuel	Managing Anxiety Through Mindful Coping
Monday, 12/28	12p	Mollie Cherson	Self-Care through the Changing Weather
Monday, 12/28	1p	Angelo Rannazzisi	Sleep and Our Wellbeing
Monday, 12/28	3p	Kate O'Hara	Stress Release With a Reiki Master
Tuesday, 12/29	11:30a	Susan Bash	Meditation & Gentle Movement: Keeping Calm
Tuesday, 12/29	12p	Charlena Ware	Gentle Chair Stretch and Mindful Promptings for Stress Relief
Tuesday, 12/29	3p	Lisa Burkholder	Self Compassion in Times of Stress
Wednesday, 12/30	12p	Manju Philip-Nedumakel	Mental Health & Culture: Where Do I Fit In?
Wednesday, 12/30	12:30p	Cherry Napolitano	Hope, Kindness and Resilience
Thursday, 12/31	9a	Angelo Rannazzisi	Coping with S.A.D. (Seasonal Affective Disorder)
Thursday, 12/31	12p	Kate O'Hara	Managing Stress and Anxiety
Thursday, 12/31	12:30p	Cherry Napolitano	Creative Stress Management for Parents in a Virtual World
Thursday, 12/31	1p	Lisa Burkholder	Self Compassion in Times of Stress