

Jeff Be Well Sessions

We all continue to be affected by COVID-19 whether on a professional, personal, academic, familial and/or emotional level. During these incredibly challenging and stressful times, we are encouraging you and/or your teams to come together and **practice self-care**. This is critical to our long-term wellbeing. We encourage you to *intentionally* take a break and join one or more of our Jeff Be Well Sessions. Whether you choose to stop by for Mindfulness Mondays, Transformative Tuesdays, Wellness Wednesdays, Thankful Thursdays or FUNtastic 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. We hope you will take a moment to *mindfully* pause, breathe, de-stress, connect and create a sense of community; as well as learn some simple and effective coping strategies to manage the stress, anxiety, grief and a number of challenges stemming from this crisis. If you have any questions or would like a Jeff Be Well Session scheduled for your team or department, please contact 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

Mindfulness Mondays

July 13, July 20 & July 27	12p	Kate O'Hara	Mindfulness Mondays: Stress Release With a Reiki Master
July 13, July 20 & July 27	6p	Ashlee Battle	Mindfulness Mondays: The 4 A's of Mindfully Managing Stress & Anxiety

Transformative Tuesdays

July 14, July 21 & July 28	12p	Charlena Ware	Transformative Tuesdays: Gentle Chair Stretch and Reflection - Reducing Tension & Stress
July 14	12:30p	Rachelle Rene	Transformative Tuesdays: Transforming our Conversations & Our Wellbeing -You're Not Alone
July 21	12:30p	Aaron Sutton	Transformative Tuesdays: Reframing Our Thinking - Managing Mood, Family Dynamics & Eating
July 28	12:30p	Mollie Cherson	Transformative Tuesdays: Getting ZZZs: Helping our Brain and Body to Rest

Wellness Wednesdays

July 15, July 22 & July 29	12p	Susan Bash	Wellness Wednesdays: Yoga for All
July 15	12:30p	Mollie Cherson	Wellness Wednesdays: Pandemic Decision Making-Tools to Finding the Right Choice for You
July 22	12:30p	Angelo Rannazzisi	Wellness Wednesdays: From Quarantine Anxiety to Reopening Worry-Finding Balance
July 29	12:30p	Angelo Rannazzisi	Wellness Wednesdays: Sleep. Stress. Insomnia & Our Wellbeing

Thankful Thursdays

July 16, July 23 & July 30	12p	Charlena Ware	Thankful Thursdays: Gentle Chair Stretch and Reflection - Reducing Tension & Stress
----------------------------	-----	---------------	---

FUNtastic Fridays

July 17, July 24 & July 31	12p	Susan Bash	Funtastic Fridays: Yoga for All
July 17 & July 31	12:30p	Leah Grab	Funtastic Fridays: Creative Approaches to Supporting Adolescents During Times of Stress