

## 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 <a href="rachelle.rene@jefferson.edu">rachelle.rene@jefferson.edu</a>. Together we will get through this difficult time. Thank you for all you do and continue to do. Be well!

July 13, July 20 & July 27   Gp   Ashlee Battle   Mindfulness Mondays: Stress Release With a Reik Master   Mindfulness Mondays: The 4 A's of Mindfully Mar Stress & Anxiety			
July 13, July 20 & July 2712pKate O'HaraMindfulness Mondays: Stress Release With a Reik MasterJuly 13, July 20 & July 276pAshlee BattleMindfulness Mondays: The 4 A's of Mindfully Mar Stress & AnxietyTransformative TuesdaysJuly 14, July 21 & July 2812pCharlena WareTransformative Tuesdays: Gentle Chair Stretch an Reflection - Reducing Tension & StressJuly 1412:30pRachelle ReneTransformative Tuesdays: Transforming our Conversations & Our Wellbeing -You're Not AloneJuly 2112:30pAaron SuttonTransformative Tuesdays: Reframing Our Thinking Managing Mood, Family Dynamics & EatingJuly 2812:30pMollie ChersonTransformative Tuesdays: Getting ZZZs: Helping o and Body to RestWellness Wednesdays			
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Luly 15 Luly 22 &	Wellness Wednesdays		
July 29 Susan Bash Wellness Wednesdays: Yoga for All			
Wellness Wednesdays: Pandemic Decision Making	T-Tools		
July 15   12:30p   Mollie Cherson   Welliess Wednesdays, Fandernic Decision Waking to Finding the Right Choice for You	<u>,-10015</u>		
Wellness Wednesdays: From Quarantine Anxiety	.0		
July 22 12:30p Angelo Rannazzisi Reopening Worry-Finding Balance	. <u>U</u>		
Wellness Wednesdays: Sleep. Stress. Insomnia &	Dur		
July 29   12:30p   Angelo Rannazzisi   Wellbeing   Wellbeing	<u> </u>		
Thankful Thursdays			
July 16 July 23 & Thankful Thursdays: Gentle Chair Stretch and Refl	ection -		
July 30 Charlena Ware Reducing Tension & Stress			
FUNtastic Fridays			
July 17, July 24 & July 3112pSusan BashFuntastic Fridays: Yoga for All			
July 17 & July 31 12:30p Leah Grab Funtastic Fridays: Creative Approaches to Support			
July 17 & July 31 12:30p Leah Grab Adolescents During Times of Stress	ing		