

PENN PSYCHIATRY

MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM

AUGUST 18, 2021



MESSAGE FROM THE CHAIR

Dear Faculty, Staff and Trainees,

The dog days of Summer have not been terrible over the last few days. Not so the COVID-19 inpatient census across our health system. Sadly, the delta variant is taking its toll and although Pennsylvania's infection rates are low relative to the rest of the country, we still need to be cautious. I know this is terribly disappointing. We all had predicted, maybe even planned for a normal autumn. But here we are, needing to keep our masks on and maybe even getting ready for a booster dose of the vaccine. At least "we got this." Wearing a mask and keeping our distance has become second nature. But, that does not make it any less grating.

What are the best ways to deal with the disappointment and maybe even irritation about the current state of affairs? In the words of our own Lily Brown, who was interviewed by the Inquirer: "When you feel anger and revenge, the best thing to do is do something kind." When I read that, it spoke to me, it made sense. As I thought about it more, I thought that it really is a variant of altruism, which we all know helps us with resilience. That coupled with gratitude can make us stronger. In fact, over the last few weeks I've been hearing faculty and staff say things like "I have my health" or "I have my job." As I often mention, we are particularly lucky to have jobs that are meaningful, giving us the opportunity for altruism every day.

Now the dog days of Summer are often a time when people take vacation. I want to strongly encourage you to take vacation if you have not already. It is a great way to take care of yourself and taking care of yourself is essential--especially if you can get a break from your everyday routines. Ideally, you can unplug completely. Consider using an "out of office" message and arranging for others to cover for you while you are away. But even if you can't, try to take some time for yourself. One of my personal favorite ways to unplug is camping. I do know it is not for everyone but hiking, canoeing, sleeping in a tent, preparing food over a tiny camping stove, doing dishes in a bucket, and packing up the "bear barrel" is somehow really relaxing (I am sure it would not be if I had to do it every day!!!). I love going to a remote place with no electricity, no running water, no wifi. There are therefore zero opportunities to check email while out in the wilderness. Freedom!

As always, I want to close with a huge thanks to all of you. I am so grateful for all that you are doing. Whether you are teaching, doing research, caring for patients, or supporting the people who do those things, what you do is incredibly important. You might be happy to know that the entire School of Medicine and Health System has been incredibly grateful to Psychiatry. Not a week goes by when someone doesn't thank us for what we do; your efforts have not gone unnoticed. Never have our clinical services been in such high demand and so many of you have risen to the occasion, working incredibly hard to take care of our colleagues and our patients. Thank you! It really is a privilege to work with you all!

Warmly,
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CONGRATULATIONS TO ROB SEILHEIMER, MD, PHD, A THIRD-YEAR PSYCHIATRY RESIDENT, FOR RECEIVING THE 2021 OUTSTANDING RESIDENT AWARD FROM THE NIMH.



Rob was recognized for his outstanding research and academic potential. Rob is conducting research in collaboration with the Center for Neuroengineering and Therapeutics to study circuits underlying depression and anxiety and to expand the use of deep brain stimulation for the treatment of psychiatric disorders.

TO REDUCE STRESS

- Exercise regularly. Just 30 minutes a day of walking can boost mood and reduce stress.
- Build a social support network.
- Set priorities. Decide what must get done and what can wait. Say no to new tasks if they are putting you into overload.
- Think positive. Note what you've accomplished at the end of the day, not what you've failed to do.
- Try relaxation methods. Mindfulness, meditation, yoga, or tai chi may help.

DINE OUT AND TAKE OUT HEALTHY EATING TIPS

When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:

Decode the menu

Look for choices that are baked, broiled, grilled, poached, steamed, boiled, or roasted to limit extra saturated fat and salt. If you aren't sure, ask how menu items are prepared.

Start your meal with veggies

If you start your meal with a salad or eat your vegetables first, you will feel full sooner and ensure that you get valuable vegetable nutrients.

Split your dish

When ordering food, portions can be very large. Consider sharing a meal with someone else or making two meals out of it by saving half for the next day.

Look for fruits and veggies

Pick dishes that highlight vegetables like stir-fries, veggie wraps, or kabobs. Select fruit as a side dish or for dessert.

Plan ahead and compare choices

Before you order takeout or head to a restaurant, see if menu information is available on a website. Look for choices that are lower in calories, sodium, and saturated fat.

Choose your sauce

Pick sauces made from vegetables like marinara, rather than cream or butter sauces to limit calories from saturated fat. You can ask for them on the side or for the dish to be prepared with less or no sauce.

NATIONAL HEALTH OBSERVANCES

Help raise awareness about **Immunization Awareness, Breastfeeding and Children's Eye Health**.

National Immunization Awareness Month

The Centers for Disease Control and Prevention (CDC) sponsors [National Immunization Awareness Month](#) in August to highlight the importance of vaccination for people of all ages. Use [CDC's educational and promotional resources](#) to encourage people to stay up to date on recommended vaccines during the COVID-19 pandemic. You can also share our [MyHealthfinder vaccine resources](#) to help people learn about vaccines they need to stay healthy.

National Breastfeeding Month

The United States Breastfeeding Committee celebrates [National Breastfeeding Month](#) each August. You can share our easy-to-understand [MyHealthfinder resource on breastfeeding](#) — along with [tips for eating healthy while breastfeeding](#).

Children's Eye Health and Safety Month

The American Academy of Ophthalmology sponsors [Children's Eye Health and Safety Month](#) in August to highlight the importance of protecting children's vision. Use [these kid-friendly](#)

[resources](#) from the National Eye Institute (NEI) to help children learn about eye health. You can also share our MyHealthfinder resource to [encourage parents to get their kids' vision checked](#).

LIVE MONTHLY WEBINAR, HOSTED BY PENN BEHAVIORAL HEALTH CORPORATE SERVICES

Leveraging Your Vulnerabilities

Date: 08/11/2021 | Time: 1:30 PM to 2:30 PM EST

>>[REGISTER FOR THIS EVENT](#) |

<https://register.gotowebinar.com/register/778419462759992847>

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Create your new account at: <https://pennmedicineeap.mylifeexpert.com/>

or [Scan Here to Download](#)



UPHS employees use company Code PH045.

WELLNESS RESOURCES

Click [here](#) to access our Wellness Resources.

During these uncertain times, help is available through [PennCOBALT](#) and [PennMedicineTogether](#).

THANK YOU FOR YOUR SERVICE.

Vision

Promoting health for the brain and mind to transform lives and the world.

Mission

Penn Psychiatry develops and implements new ideas to understand, prevent, and treat disorders of the brain and mind, through innovative research and discoveries, outstanding educational, world renowned clinical services, and transformational public health policies.

Click [here](#) to access the Penn Psychiatry website.

Click [here](#) to access the CPUP Committee on Anti-Racism

BE

- COMPASSIONATE**
I serve with my head and heart.
- PRESENT**
I show up and remain engaged.
- EMPOWERED**
I drive results with intention.
- COLLABORATIVE**
I partner with unwavering support.
- ACCOUNTABLE**
I commit to every single moment.

I GOT THE SHOT

“The only way we’re going to get through this is to get through it together. I am happy to encourage others to get this vaccine. We can move forward together to protect ourselves and our loved ones.”

— **PATRICK MAHAJANI**
CHIEF OPERATING OFFICER, DEPARTMENT OF PSYCHIATRY

FOR QUESTIONS ABOUT THE COVID-19 VACCINE, visit [PennMedicine.org](https://www.PennMedicine.org)

