

**PENN PSYCHIATRY**

**MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM**

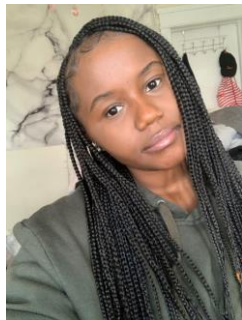
**AUGUST 4, 2021**



**MESSAGE FROM THE CHAIR**

Dear Faculty, Staff and Trainees,

We need to stand united. That is true more than ever because we are facing yet another surge of COVID-19. Despite the best efforts of many, the delta variant is wreaking havoc and although Philadelphia was relatively spared in the early phases, that is no longer true. The delta variant is here. All the more reason to abide by the vaccine directives from UPHS and PSOM. Sadly, it seems that this variant does not only have serious consequences for older people or those with pre-existing conditions but also for younger people. The good news? The vaccines make a HUGE difference for the vast majority of people. Please, please, please consider getting your vaccine today if you have not already done so.



On a more cheerful front, I would like to publicly welcome two college students who are in our summer program in partnership with Lincoln University. This program was launched this summer under the leadership of Drs. Rachel Talley and Alan Frazer. We are delighted that Kelesha Nelson, who is working in Cesar de la Fuente's lab and Nia Murphy, who is working in Mariella de Biasi's lab have joined our

family. I personally am looking forward to meeting them later this month. This program is a forerunner for a plan that we have to establish a NIH funded program to encourage students to enter STEMM (Science, Technology, Engineering, Mathematics, Medicine) fields. Please join me in welcoming Nia and Kelesha.

As always, I want to thank you so so much for all the hard work you do. We are fortunate. Our work is deeply important. It makes a difference in people's lives and that altruism is a key to resilience. Please remember to take care of yourself in the ways we always mention: keep to your routines, whether it is in your eating, sleeping or exercise habits. Also, it is summer, a time when people traditionally take time off. I strongly encourage you to take vacation time to rest and recharge. Please do it even if it has to be a stay-cation. We all need to take a break now and then! Remember too, that gratitude is another way to build resilience. It may feel difficult at times to find something to be grateful for but if you focus on it, you can find it. Often, we can find many things to be grateful for! I personally feel grateful for the nearly 1,000 people that work in the Department of Psychiatry working to make a difference.

Warmly,  
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**FROM THE EAP CARE MANAGERS AT PENN BEHAVIORAL HEALTH  
CORPORATE SERVICES**



## Take time to focus inward.

Honor your wisdom • Acknowledge you're special • Own your worth  
Treat yourself with the same kindness you treat others.

Actively lean in and create self-care routines. They may not come naturally, but over time and with practice, these actions will become routines that will set you up to flourish.

- Take time to list three traits that you like about yourself.
- Write those traits down **daily**. OWN THEM!
- Put something on your calendar to look forward to.
- Get out into nature. Feel the healing powers of being outdoors.
- Connect with others.
- Get physical. Participate in physical activity regularly.

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### 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.

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#### **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

