



Happy Hump Day! It's midweek and we're all in need of some positivity... the GatorCare Wellness team has been collecting notes of gratitude for our healthcare workers from across the campus community and are [sharing them on this page](#) for you to read them! They have made arrangements so that **healthcare workers who would like to receive these notes periodically via text can do so by signing up** with these instructions:

- Send a text to phone number: [81010](#)
- With the message: [@receivethx](#)
- As this thread fills up they will create new groups (if you get an error message, try sending the message [@receivethx1](#) or [@receivethx2](#) to phone number [81010](#)).

You may share this resource with anyone who would enjoy it! If you'd like to submit your own note of gratitude, they can be [submitted here](#) (also linked on the page). 😊

The UF Community continues to make us all proud by supporting one another in this crisis... On Monday, UF HR announced a new program where **UF employees can help those who are unable to work due to the COVID-19 situation by donating accrued sick leave and/or vacation leave.** The UF community responded!!!! Within 24 hours, more than 50,000 hours of leave had been donated! Employees who demonstrate severe hardship can apply to use the donated hours to continue getting paid. Leave donations are being accepted [through Friday April 10](#). If you'd like to donate hours OR request donated leave, please visit: <https://hr.ufl.edu/covid-19/guidance-on-taking-leave/covid-19-leave-donation-plan/>

On Sunday, **local law enforcement officials expressed their gratitude to UF Health with a moving tribute in the Circle of Hope.** You can view the story here if you missed it: <https://www.wcjb.com/video?vid=569400282>

Some businesses are also offering their thanks with special discounts for healthcare workers:

- BP Gasoline offering 50 cent/gallon discounts (sign up here): https://www.bp.com/en_us/united-states/home/products-and-services/our-rewards/supporting-our-local-heroes.html (thru April 30)
- Starbucks offering free tall coffee (thru May 3)
- Krispy Kreme offering a dozen free donuts on Mondays (thru May 11)

If you'd like to personally express gratitude to someone— a colleague, a supervisor, a friend or family member, your child(ren)'s teacher, your mail carrier, your Publix cashier—UF/GatorCare Wellness has created printable “thank you” card templates that you can access here: <https://wellness.hr.ufl.edu/resources/toolkits/gratitude-spreads/>

For those in need of a boost, here's a fun video featuring “Some Good News” (If you can't watch all 15 minutes, at least watch the first 5:40):
https://www.youtube.com/watch?time_continue=884&v=F5pgG1M_h_U&feature=emb_logo

Stay well!

Lisa J. Merlo, Ph.D., M.P.E.
(Legal Name = Lisa Merlo Greene)
Director of Wellness Programs, UF College of Medicine
Director of Research, Professionals Resource Network
Associate Professor of Psychiatry
University of Florida
Box 100256
Gainesville, FL 32611
352-294-4932
lmerlo@ufl.edu