

For any parents looking for a new game to play:

Parenting in a Pandemic BINGO!				
looked through photos on phone	forgot what day it was 	reminded kid to wash hands	 gave up on "bedtime"	Googled a symptom
ate ALL THE SNACKS 	watched a hair-cutting tutorial	did a craft	allowed, like, 10 hours on the iPad	 cleaned mail
decorated a window	yelled 	FREE 	hid from the kids	cooked a new recipe the kids hated
home-schooled 	touched your face... again	watched a Disney movie... again	avoided the news 	braved the grocery store
kids interrupt Zoom call	cereal for dinner 	spent all day in PJs	learned a TikTok dance	decided videos count as reading

As we continue living in this continuously-changing environment and adapting to new guidelines and expectations almost everyday, please remember that there are a number of resources available to help you with a variety of challenges, both at work and at home. Below are highlighted some useful resources for researchers, clinicians, and the UF COM community as a whole.

For Researchers:

The NIH Office of Intramural Training & Education has been hosting a number of online discussions and workshops to promote resilience and teach useful skills. Check the calendar of events for more events here: <https://www.training.nih.gov/>

To review an excellent archived presentation on “Supporting Yourself and Your Trainees During the Coronavirus Pandemic,” visit the registration link

at: <https://attendee.gotowebinar.com/register/2344025056173751566>

The **Health Science Center Library** is offering online workshops through Zoom, independent of registered coursework and open to all. Links to the Zoom meetings for each workshop are available in the workshop descriptions, accessible through the links below.

[More workshops and details >](#)

- **Introduction to EndNote:** Tuesday, Apr. 28, 2020, 11 a.m. - noon
 - [Learn more and register here >](#)
- **Best Practices in Data Management:** Wednesday, Apr. 29, 2020, noon - 1:30 p.m.
 - [Learn more and register here >](#)
- **Introduction to Critical Appraisal of Research Articles: Randomized Controlled Trials:** Tuesday, May 5, 2020, 10 a.m. - 11 a.m.
- [Learn more and register here >](#)

The **CTSI Recruitment Center** is available to help research teams at the University of Florida optimize their recruitment and retention plans through a variety of services. [Learn more here](#). In addition, the CTSI service center staff are still working (remotely). **If you need assistance with study design, conduct, data management or other help**, please [contact the representatives listed here](#).

Researchers may benefit from peer support offered daily in the **CTSI Clinical Research Professional Connections “Zoom Room” Peer Support group** (M-F 10am-11am), which is an “open house” for researchers to give/receive encouragement and support:

<https://uflphi.zoom.us/my/clinicalresearchprofessionalconnections>

- Meeting ID: 478 622 6652
- Password: 047161

The **UF Clinical Research Forum** meets every Tuesday from 9:00-10:00am via Zoom. To review the agenda, sign into the [OCR Clinical Research Support Dashboard](#) with your Gatorlink credentials and select the meeting date. To join the meeting, please download and import the following iCalendar (.ics) files to your calendar system:

<https://uflphi.zoom.us/meeting/uJlkf->

[GoqDss8OGwtAwm3AXdwlYuU5wBlg/ics?icsToken=98tyKuyupzMiGtKVtlz9e60vW6vib9_ykSlhjbRjvQjoUAFrZhTfD_d3Z6VdOd-B](https://uflphi.zoom.us/j/569880606) or click on the Zoom link here: <https://uflphi.zoom.us/j/569880606> (Meeting ID: 569 880 606)

For Clinicians:

[The Trauma-Informed Care, or TIC, Steering Committee is offering a weekly webinar beginning May 1](#) for all UF Health clinicians and staff, focusing on resilience and well-being during the COVID-19 pandemic. These webinars will feature clinical experts from the UF Health Shands Psychiatric Hospital, the UF Department of Psychiatry and the UF Division of Psychology. The webinar will run from noon-1 p.m. every Friday. The first topic: *Compassion Fatigue and Resilience: When helping hurts — how to be resilient while caring for others.* The Zoom location to join is: <https://uflphi.zoom.us/j/91683008558>.

The Society for Healthcare Epidemiology of America podcast last week featured **Dr. Allison Holgerson of the UF Department of Clinical and Health Psychology** answering questions for physicians and other frontline healthcare workers about “Taking Care of Yourself” during the pandemic. “This episode reviews the current news updates of this pandemic as well as recently updated guidelines and medical literature. It also discusses

mental health during quarantine and social distancing as well as high-stress for frontline healthcare workers and tools to use to better take care of yourself.” You can listen here:

<https://podcasts.apple.com/us/podcast/shear-podcasts/id1192338467?i=1000472405504> (The actual interview starts at 5:25 into the podcast)

For Everyone:

Beginning tomorrow, Dr. Jessica Payne-Murphy will offer a **free drop-in virtual support groups for UF/UF Health employees related to Stress and Sleep Management**. *You may join the group at any time and stay for as long as you like (even a few minutes)*. The group is offered via PHI Zoom:

- Wednesday at 2pm-3pm (**Stress and Sleep Management Group**)
- Access the Zoom link here: <https://psychiatry.ufl.edu/zoom-drop-in-groups/>

If you are interested in receiving **individualized mental health services**, please call the **UF Health Staff Telepsych Services center between 8:30 a.m. and 7 p.m. (7 days per week) at 352-265-5459 or email c19peersupport@shands.ufl.edu** [provide your name, contact number, and best time(s) to receive a call back]. A licensed mental health professional will perform a quick screening and help you identify the service(s) that would be most useful and convenient for you. There are immediate openings at convenient times, and most services are offered free.

Employees with GatorCare benefits are eligible to access **free confidential online or phone/text-based therapy** through TalkSpace:

- [Talkspace Confidential Online Therapy \(Free to GatorCare members\)](#) (Note: Optimized for Google Chrome, IE will not work)

UF/GatorCare Wellness is offering **self-directed programs to increase resilience and improve sleep**. You can learn more about the programs by clicking below:

- [Resilient Gators program](#) (to learn strategies to improve coping ability) available online for UF employees
- [Good Night Gators program](#) (individual coaching to improve sleep): available online for UF employees

They’ve also introduced the **Get Gritty Challenge COVID-19 Edition**, which was designed to help you improve resiliency and develop ways to better manage stress given the unique situation that we currently find ourselves in.

- *Being resilient doesn’t mean that you don’t experience difficulty or stress, or that this crisis doesn’t affect you. It means you are better equipped to adapt and overcome difficulty or stress, to come out of this stronger. The journey that you are about to embark on will not only serve you through our current crisis but future hardships too. Are you ready to Get Gritty? Click here to: [Join the challenge today](#)*

Arts in Medicine is hosting **daily drop-in sessions to participate in visual art, mindful movement, and writing** to help staff find stability and resiliency during this time. Contact Lauren Arce, Arts in Medicine Nurse

Coordinator, at arcelb@shands.ufl.edu to receive a link for participation and to set up kit delivery or to schedule individual 1:1 sessions.

AIM DAILY DROP-IN

Visual art, mindful movement, and writing techniques designed to help staff in quarantine find stability, resiliency, and a sense of control during this time

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Join us at 10:30am every Monday through Friday on Zoom

Drop into any activity of interest for free, no commitment

Supplies will be provided

No experience necessary

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Mondays
Thoughtful, accessible writing prompts for self-expression with guidance from writer in residence Andrew Hix

Tuesdays
Gentle seated movement, relaxation, and self-care practices to calm the mind and enhance resilience with integrative therapies practitioner Tammy Bernard

Wednesdays
Learn visual art skills and techniques with artist in residence Sarah Hinds

Thursdays
Visual art or movement as a therapeutic path to connect with inner resilience and resources facilitated by art therapist Amy Bucciarelli and dance/movement therapist Jenny Lee

Fridays
Stress relief with gentle movement and breathing techniques based on tai chi and qigong with integrative therapies practitioner Andrew Hix

And [Facebook Live](#) all-request music concerts Friday at 1pm!

Contact Lauren Arce, Arts in Medicine Nurse Coordinator, at arcelb@shands.ufl.edu to receive a link for participation and to set up kit delivery or to schedule individual 1:1 sessions

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