

Celebrating Mom, BECAUSE SHE MATTERS.



In honor of Mother's Day (this Sunday, May 10), **let's take a moment to acknowledge all the Moms in the UF COM and UF Health.** During this pandemic, many "Moms" (be they biological mothers, adoptive mothers, stepmothers, foster mothers, grandmothers, men who are primary caregivers, and others who are "like a mom" to someone in their life) have stepped up in a big way, taking on unprecedented new tasks amid their normal responsibilities. As this graphic demonstrates, the typical demands of motherhood have truly compounded over the past couple of months:



For many working mothers, the change has been even more extreme:



Indeed, as documented in both the academic and popular press, **this has led to increased stress for many Moms**, and interfered with their productivity at work (despite working longer hours than ever). You can read more about this phenomenon here:

- The pandemic and the female academic: <https://www.nature.com/articles/d41586-020-01135-9?fbclid=IwAR3KRslwUTGKIIVXo64q8pCB4FupmOUDLd7bC9hQxEC9UnKFe3SqjhfWJQ>
- Women academics are submitting fewer papers, while men are submitting more: https://www.thelily.com/women-academics-seem-to-be-submitting-fewer-papers-during-coronavirus-never-seen-anything-like-it-says-one-editor/?fbclid=IwAR047dm6JrDeIOS_IHgFuFQtni40ycPKPa8mJ00EZ_RZO2ogVHn5zLAv_i4

Every day, Moms spend so much time and energy supporting and assisting others, often sacrificing their own needs and desires. So, this week, be sure to **take some time to celebrate and appreciate the Moms in your life**—not just your own mother (and/or the mother of your children), but all the Moms you interact with. Notice the ways they are supporting so many around them. Tell them what you value about their contributions, inside or outside the work environment. Express appreciation for all their efforts. *And remind them that they are doing a good job!*

If you're looking for ways to celebrate the Mom(s) in your family while maintaining social distance this weekend, here are a few virtual options you can consider:

- 16 Mother's Day Ideas if You Can't Get Together IRL: <https://www.countryliving.com/life/g32355867/virtual-mothers-day-ideas/>
- 10 Virtual Mother's Day Gift Ideas: <https://www.post-gazette.com/life/holidays/2020/05/04/virtual-Mother-s-Day-2020-gift-ideas-quarantine-coronavirus-mom/stories/202005040077>
- Fun virtual activities that moms might enjoy: <https://nypost.com/2020/04/28/mothers-day-activities/>

If you have the privilege of celebrating with a Mom in-person this year (but don't want to venture out to a newly-reopened restaurant), **here are some fun recipes to try** ("Mother's Day breakfasts that will make you Mom's favorite"): https://www.allrecipes.com/gallery/mothers-day-breakfast-in-bed-ideas/?did=520424-20200505&utm_campaign=hot-dish_newsletter&utm_source=allrecipes.com&utm_medium=email&utm_content=050520&cid=520424&mid=33323311347

If you're missing your Mom, be sure to take some time to honor and remember her in a way that feels right to you. You may choose to look through photos, write her a letter, share stories with others who knew her, listen to favorite songs, or something else. There is no right or wrong way to do this.

And finally, as we celebrate our nurturing caregivers, let's also wish a **Happy Nurses Day (May 6, 2020) and Happy Nurses Week (May 6-12, 2020)** to all the women and men who provide outstanding nursing care to our patients at UF Health!!!



*May all the care and kindness
you give to others
come back to warm your heart.*



Happy Nurses Day



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