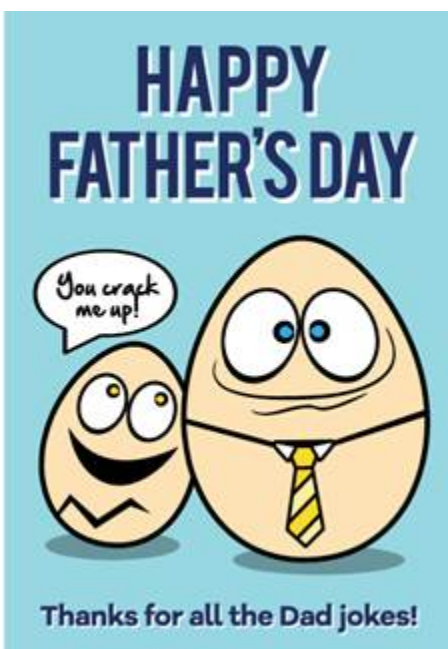




In honor of Father's Day (this Sunday, June 21), **let's take a moment to acknowledge all the Dads in the UF COM and UF Health!** Every day, Dads (be they biological fathers, adoptive fathers, stepfathers, foster fathers, grandfathers, "father-figures," or dual-role moms) wake up with the knowledge that their family is counting on them. Most also feel responsible to their boss, coworkers, employees, and/or customers (or patients and/or trainees!). Though this may weigh on them, Dads are less likely to talk to their support system about their stress, leading to an "invisible load of fatherhood"

(<https://thingsdadsdo.wordpress.com/2017/06/20/do-fathers-have-an-invisible-load-too/>).

So, this week, be sure to **take some time to celebrate and appreciate the Dads in your life**—not just your own father (and/or the father of your children), but all the Dads you interact with. Notice the ways they are working to support so many around them. Acknowledge their contributions, inside and outside the work environment. Express appreciation, let them know you are there to support them, and don't forget to laugh at their "Dad jokes"!



As you decide how best to honor the most important Dads in your life, **here are some ideas to celebrate during this time of quarantine/social distancing:**

- <https://parade.com/1032345/marynliles/best-fathers-day-ideas/>
- <https://www.goodhousekeeping.com/holidays/fathers-day/g32437631/quarantine-fathers-day-ideas/>
- <https://www.parents.com/holiday/fathers-day/fathers-day-ideas-during-quarantine/>

If you're looking for **ways to celebrate the special Dad(s) in your life who may live far away**, here are a few virtual options you can consider:

- <https://www.womansday.com/life/a32440264/virtual-fathers-day-ideas/>
- <https://www.countryliving.com/life/entertainment/g32713622/virtual-fathers-day-ideas/>

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

THANK YOU DADS!

Stay well,

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