

## Educational Activities to Support UHealth Personnel During the COVID-19 Pandemic



Organized by the UHealth Wellness Program, in collaboration with the Center for HIV and Research in Mental Health, and the Department of Psychology. Each activity highlights a topic (green), followed by a Q&A session. The activities are organized by professional roles but are open to everyone. For all inquiries, contact [umpsychwellness@med.miami.edu](mailto:umpsychwellness@med.miami.edu).

MIAMI

THURSDAY, MAY 7<sup>TH</sup>, 5:00 – 6:00PM

### MANAGING ANXIETY

STEVEN A. SAFREN, PHD & AUDREY HARKNESS, PHD

[REGISTER VIA ZOOM](#)

THURSDAY, MAY 14<sup>TH</sup>, 5:00 – 6:00PM

### MINDFULNESS AND MEDITATION FOR DAILY LIFE

DEBORAH JONES WEISS, PHD, ZELDE ESPINEL, MD,  
& LUNTHITA DUTHELY, EDD

[REGISTER VIA ZOOM](#)

THURSDAY, MAY 21<sup>ST</sup>, 5:00 – 6:00PM

### GRIEF

MARIA RUEDA-LARA, MD & CHRISTINA POZO-KADERMAN, PHD

[REGISTER VIA ZOOM](#)

UHealth Nursing

*Responding to the COVID-19 pandemic in our community can have a significant impact on UM healthcare providers. Stress management and fostering resilience is essential to our well-being, and to our ability to provide ongoing care.*