



Emory Wellness Wednesday  
**NEWSLETTER**  
 Volume #8  
 May 13, 2020  
[GYN/Ob Wellness Webpage](#)



**MAY: MENTAL  
 HEALTH AWARENESS  
 MONTH**

## MATERNAL MENTAL HEALTH

- Maternal Mental Health Awareness Week was May 4-8. [What is MMH Week?](#)
- [The Blue Dot Project](#) reduces stigma for maternal mood disorders. 1 in 5 will suffer from peripartum mood disorders.
- World maternal mental health day is not officially recognized. The [Maternal Mental Health Task Force](#) is leading this effort.
- NYT: [“This is Your Brain on Motherhood”](#)

### HEALTHY EATING!

Eat less meat, or switch to a plant-based diet.

Check out these great books:

*VB6: Eat Vegan Before 6:00*

*The New Becoming Vegetarian*

*The Vegetarian Cookbook for Beginners*

*Isa Does It*

*Vegan for Everybody*

Happy Wednesday and welcome to the Wellness Wednesday Newsletter. This weekly newsletter will serve as a guide to self-care, comfort and happiness in this challenging time. Please click the links for resources and information. Also, please submit your concerns and ideas to:

[The Wellness Committee](#)

## EMORY UPDATES



Emory Healthcare hosts a [Virtual Spa Day](#)

Emory Law [offers estate planning](#)

[FSAP](#) extends hours to 5 – 9 pm

[HR Professional Development courses](#)

## ENVIRONMENTAL PROTECTION TIPS

- Consider a switch to public transportation, active commuting, carpooling, or an electric vehicle: [Emory Commute Options](#)
- Telework more, use tele-meetings, avoid single trips and driving around.
- Go outside and appreciate the decrease in smog, the clearer vistas, the happy flora and fauna that are rejuvenated by our cleaner air. The Himalayas are visible from Punjab for the first time in 30 years!

## CHILDCARE

The Gold, Blue, and Green Team work from home schedule ends this week. Childcare may become a source of stress. See these resources below:

- An [interactive site](#) with well-organized plans for learning at home
- Grady Childcare Connection [FB Group](#)
- Emory Work-Life summer camp [list](#)
- Emory [Back up care](#)



**"Do ten squats a day to prepare you to take the stairs at work."**

### KUDOS!!!

- **Kudos to Dr. Missy Kottke for her work with the If I Only Had the Time Curriculum. The manuscript series was excellent!**
- **Kudos to Dr. Sandra Reed for beginning her term as District IV chair for ACOG!**
- **Kinsey McMurtry and Leslie Brown for all their tireless work behind the scenes ensuring that our Department continues to work! Thank you so much!**
- **KUDOS to Dr. Ti who has been an excellent leader in clinic.**
- **KUDOS to all residents stepping into new and uncharted roles.**





# FRONTLINE MOMENTS



Are you ready to  
work from work?

