Announcements:

NEW Resources for Employee Mental Health and Well-being

Our Behavioral Health teams from across the system have been working together to develop several mental health and well-being resources to help support employees during this time. We want to let you know about several new programs that are available, including one specifically for frontline providers. We have also created a Mental Health and Well-being section on the COVID-19 page on Partners Pulse.

Interested in Volunteering? - BWH Call for Volunteers

There are many ways our employees can assist in the BWH COVID-19 efforts, including but not limited to employee screening for good health, PPE organization and distribution, and helping to support COVID 19 testing sites. If you are interested, please check in with your manager about any restrictions, pay policies, and other limitations, and then sign up via this link. BWH thanks you for your service!

Workout:

Quote of the Day:

The goal isn't to live forever, the goal is to create something that will." - Chuck Palahniuk

Self Care Corner:

Mental Health Minute:

Self-Service Apps:

These apps, which have been clinically vetted by Partners mental health experts, are available for employees and offer a range support.

The Headspace app, available via iOS, Android or desktop, offers sets of guided meditations aimed at tackling problems related to anxiety, sleeplessness and relationships.

The Evermind app, available via iOS and Android, can help you build resilience and handle stress using cognitive behavioral therapy techniques. In the app, you can access guided programs on improving sleep, disconnecting, challenging negative thought patterns and more.

The Care Online: iCBT program, available via iOS, Android or desktop, is an online self-directed cognitive behavioral therapy course offered to patients with anxiety or low-to-moderate levels of depression to help them self-manage symptoms of these conditions.
Meme Mayhem:

My dog isn’t used to me being home during the day and is just staring at me from different places around the house.

TV Guide:

Now Is Your Chance to Stream the Stage Version of Fleabag Online

The Reading Nook:

Neil Gaiman’s Free Short Stories

Cookbook:

Chayé Koké Cocktail from Lloyd

Ingredients
- Lime, cut into 6 wedges
- 2-3 tsp sugar cane
- 2 oz of white rum and 2 oz of old (dark) rum. Preferably from Martinique.
- Crushed Ice
- Optional: Lime wheel for decoration

Steps
1. In an Old-Fashioned glass, muddle the sugar and lime.
2. Fill with ice, add the rum, and stir briefly.
3. Garnish with the lime wheel (optional).

The year is 2075.
“Grandma why do you like sitting outside”
Me: There was a time this was illegal.
Photo of the Day: Lab Summer Party

Furry Friends: A very good doggy enjoying the view