### Announcements:

#### Journal Club
This week Rocky will be presenting the latest nature paper from Littman lab on The dynamics between feeding-activated VIPergic neurons and type-3 innate lymphoid cells: [https://www.nature.com/articles/s41586-020-2039-9?proof=true&draft=collection](https://www.nature.com/articles/s41586-020-2039-9?proof=true&draft=collection)

#### BWH Postdoctoral Association Communication Survey
The BWH PDA designed a short survey so that they can assess needs within the postdoc community with respect to enhancing specific communication skills (i.e. writing, teaching/mentoring, negotiating, etc.). The survey itself is 9 questions and should take no more than a few minutes. Please contact Brittani Price or Ashley Ogawa-Wong with any questions

[Take the survey here](#)

#### Building a Successful C/T Research Career: A Webinar Series on Leadership, Communications, and Mentoring
Session dates run from April – May, 2020

This is a Harvard Catalyst weekly webinar series for researchers looking to develop their leadership, communication, and mentorship skills.

[Learn more and register here](#)

Additionally, Harvard Catalyst is offering five online courses in Clinical & Translational Research.

[Learn more and register here](#)

#### Research Faculty and Trainee Meeting: Postdocs Only
Wednesday, April 29, 12:30 – 1:30pm, Zoom Meeting

These meetings provide opportunities for investigators from across BWH departments to meet with the BRI Executive Committee and provide feedback directly. Please sign up to attend the appropriate lunch based on your rank.

[Register here](#)

[View all meetings based on rank here](#)

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#### Quote of the Day: "There is no way to peace - peace is the way." - A.J. Muste

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#### Self Care Corner:

![Hey, you are enough as you are today. You don't need to prove anything.](#)

#### Mental Health Minute:

**Using self-talk to calm down**

1. **Acknowledge and name the emotions you're feeling**
   - “I feel frustrated”

2. **Affirm that you're safe and capable**
   - “I can handle this”

3. **Use self-talk to reframe the narrative in your head**
   - “Maybe this isn’t all about me”

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#### Go Podcast Yourself:
**Oh No, Ross and Carrie!** Welcome to Oh No, Ross and Carrie!, the show where we don’t just report on spirituality, fringe science and claims of the paranormal, but take part ourselves.


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#### The Reading Nook
**Indie Bookstores Are Fighting to Survive the Pandemic. A New Movement May Have the Answer**


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#### TV Guide:
**NFL Draft 2020: Where to Stream**

Pre-pandemic, my dog got treats when I left for work. Now she gets treats when I go to my desk. I've accidentally trained her to be my supervisor. This is her waiting in my office for me to stop eating lunch:

Just had a great conversation with my cat. We discussed the following:

1. Is he a little baby
2. He is in fact a little baby
3. The fact that he's very cute
4. The origin of how he got to be so cute
5. Why he is so little
6. Details as to how he's a good boy