

**The Kuchroo Times****Announcements:**

<p><b>Mental Health and Well-being Resources</b></p> <p>The <a href="#">mental health and well-being</a> section of Pulse has resources for all employees. We want to highlight available resources on coping strategies and resiliency, both for employees, their families and their patients:</p> <p><b>NEW-Youth Resiliency Groups:</b> To manage stress and build resilience in children and adolescents, the Benson-Henry is offering <a href="#">Resilient Youth workshops</a> for kids in grades 1-12. The classes are appropriate for pediatric patients in our network and to children of all employees across the system. The workshops will be held twice weekly for three weeks. There are also plans to add more trainings and multilingual facilitators.</p> <p><b>NEW-Psychological First Aid:</b> In response to the pandemic, some disaster psychologists and their colleagues are reaching out with Psychological First Aid. This approach, commonly used in the aftermath of acute disasters, aims to reduce immediate distress and improve adaptive functioning in the face of a traumatic event.</p> <ul style="list-style-type: none"> <li>• View this <a href="#">factsheet</a> developed by SAMHSA on how the techniques can be used by first responders.</li> <li>• Dr. James Halpern, American Red Cross, shares <a href="#">Managing Stress for Health Care Workers in a Public Health Emergency</a>, a 35-minute video on Psychological First Aid that can be viewed at your convenience and pace</li> <li>• Access this digital field guide from The National Child Traumatic Stress Network. They also offer a <a href="#">PFA Mobile App</a>.</li> </ul> <p><b>Online Resiliency Training (RAMP):</b> MGH Psychiatry has designed <a href="#">three different online courses</a> to help hospital personnel cope with stress during the COVID-19 pandemic. These approaches can be easily learned and have been shown in previous studies to improve people's ability to weather stress and adapt to adversity.</p>	<p><b>Return to Campus Guide</b></p> <p>If you're coming back to the hospital or an ambulatory location after being away, you'll notice a few things that are different. Please be prepared for:</p> <p><b>Attestation:</b> You'll need to attest that you are well prior to entering a Brigham building. <a href="#">Learn more about this process.</a></p> <p><b>Masking:</b> Once you successfully pass attestation, you'll be issued a surgical or procedural mask and will be expected to wear it throughout the course of your work day, except while eating and drinking. See <a href="#">guidelines for masks</a> and <a href="#">how to put on a mask</a>.</p> <p><b>Cafeterias:</b> Cafeteria seating has been rearranged to ensure six-foot distancing where possible. Extra chairs have been removed. Signage indicates maximum occupancy per table. Markers on the floor will help you keep six feet apart while in line. At the main campus, additional seating has been added at the Hale BTM Atrium and Cabot Lobby at 45 Francis St.</p> <p><b>Break rooms:</b> have signage indicating maximum occupancy per room to ensure physical distancing.</p> <p><b>Conference Rooms:</b> have signage indicating maximum occupancy per room to ensure physical distancing.</p> <p><b>Elevators:</b> have signage indicating maximum occupancy, and distance monitors are helping manage spacing in elevator lines.</p> <p><b>Escalators:</b> please stay at least four steps apart from others while riding escalators.</p> <p><b>Hygiene. Heart. And 6 Feet Apart.</b> Signage for the hospital's campaign to remind you to perform consistent hand hygiene and physical distancing appears in multiple locations across the hospital and ambulatory locations. We're stronger together when we all practice these behaviors. Learn more about <a href="#">this campaign</a>.</p> <p><b>Remember:</b> <a href="#">temporary parking arrangements and rates end on May 31, 2020.</a></p>
<p><b>Infection Control Blueprint</b></p> <p>As recovery plans are implemented and staff are asked to return to the workplace, we need to continue take measures to keep them safe and prevent the spread of the virus. To support your planning, Infection Control has created a comprehensive <a href="#">Blueprint for Infection Control After the COVID-19 Surge</a>. The blueprint outlines the Infection Control requirements developed to keep our patients and employees safe. Please review this blueprint and incorporate its principles as you plan for recovery.</p>	<p><b>Governor Baker Outlines Reopening Plan for Massachusetts</b></p> <p>As of May 18, the Commonwealth is issuing new guidelines to hospitals and health care providers. The state's <a href="#">four-phase reopening plan</a> allows for some non-emergency procedures or deferred care that may now need attention.</p> <ul style="list-style-type: none"> <li>• In the first phase, which began yesterday, hospitals and community health centers can provide high priority preventative care, pediatric care and treatment for high risk patients and conditions. <ul style="list-style-type: none"> <li>○ Other health care providers can begin providing the same services beginning May 25.</li> </ul> </li> <li>• In the second phase, which could be as soon as three weeks from now, providers can begin more routine, in-person care.</li> </ul> <p>Learn more about the specific details for hospitals and health care providers on <a href="#">mass.gov</a>. Read a broad overview of the four-phase plan in this <a href="#">slide deck</a>, which was outlined at the press briefing.</p>

Self Care Corner:



Workout:

**JUST TRYING TO**  
**STAY**  
**SANE**

WORKOUT  
BY DAREBEE  
© darebee.com

Level I 3 sets  
Level II 5 sets  
Level III 7 sets  
2 minutes rest

10 butt kicks

10 raised arm circles

10 reverse lunges

10 jumping jacks

10 bicep extensions

10 side leg raises

Mental Health Minute:



Meme Mayhem:

things I didn't know I needed. Candles that look like desserts.



shortymacshort  
@thatbadbishavi

I'll mess around and eat the candle

Me trying to comfort someone who is crying



I throw in sugar.

Oh, my God. That's salt. I'm an idiot

**Book of the Week:**

**Michelle:** [American Gods](#) is a fantasy novel by British author Neil Gaiman. The novel is a blend of Americana, fantasy, and various strands of ancient and modern mythology, all centering on the mysterious and taciturn Shadow. Ex-convict Shadow Moon roams a world he doesn't understand, left adrift by the recent, tragic death of his wife. Little does he know his life is about to change after he meets a crafty, charismatic con man named Mr. Wednesday, who offers Shadow a job as his bodyguard. As their journey begins, Shadow encounters a hidden America where magic is real and fear grows over the ascending power of New Gods like Technology and Media. In a grand plan to combat the threat, Mr. Wednesday attempts to unite the Old Gods to defend their existence and rebuild the influence that they've lost, leaving Shadow struggling to accept this new world and his place in it.

**TV Guide:**

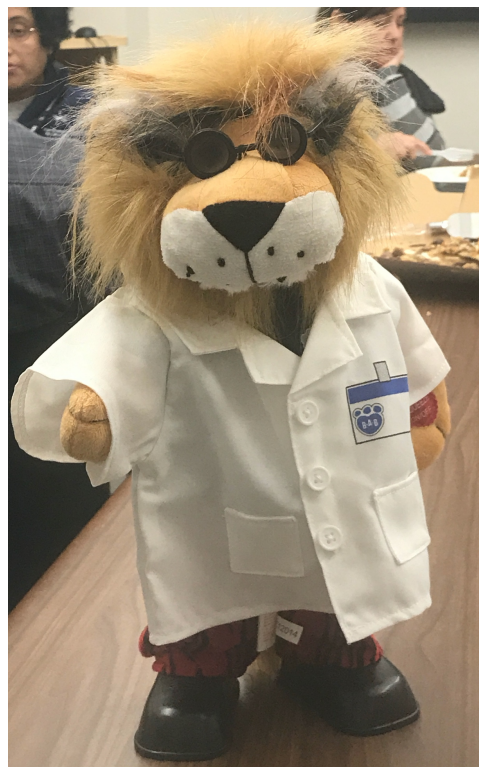
[Summer Premiere Dates 2020: Here's What's On As Lockdown Starts To Lift](#)

**Go Podcast Yourself:**

[The Greatest Generation](#): A Star Trek podcast by two guys who are a little bit embarrassed to have a Star Trek podcast.

**Quote of the Day:**

"The world breaks everyone and afterward many are strong at the broken places." - Ernest Hemingway



Leo, the Kuchroo Lab mascot

Submitted by Ruihan