

Surfing Practice



When the waves are huge and relentless, how do we keep our heads above water?

*“You can’t stop the waves, but you can learn to surf.”
Jon Kabat-Zinn*

What: A 45-minute, pre-recorded, experiential stress-management workshop for our Tulane University School of Medicine and Tulane Hospital Community. The workshop is facilitated by a faculty member from the Department of Psychiatry and Behavioral Sciences. Tune in for brief information related to coping with stress and guided mindfulness-based exercises focused on calming the body and mind.

Why: The COVID-19 crisis has brought about stress and uncertainty, and highlighted our human vulnerability. The workshop offers opportunities to check in with your own needs and experience in a supportive, accepting, and modulated manner.

This link connects to the recorded session facilitated by faculty member Dr. Angela Breidenstine, which can be accessed at any time:

<https://tulane.box.com/s/xh4eaid6dgzir57du366w0dpdgvw2kvw>

For more information and additional resources for coping with stress, email Ann Morgott at amorgott@tulane.edu

