

# 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 Secure Zoom gathering for our Tulane University School of Medicine and Tulane Hospital Community. Each gathering will have co-facilitators offering brief information related to coping with stress and guiding mindfulness-based exercises focused on calming the body and mind.

**Why:** You, our incredible healthcare professionals, are on the front lines of the COVID-19 crisis, encountering stress, uncertainty, and human vulnerability on a daily basis. The Zoom gatherings offer brief opportunities to check in with your own needs and experience in a supportive, accepting, and modulated manner.

**When:**

Mondays	12:00 – 12:45 PM
Wednesdays	10:00 – 10:45 AM
Thursdays	8:30 - 9:15 AM
Thursdays	6:00 – 6:45 PM
Saturdays	11:00 – 11:45 AM



Each gathering is stand-alone. No cost. Join as many gatherings as you would like. To join, click this link: <https://tulanehipaa.zoom.us/j/496241283>

To call in, dial +1-929-436-2866, meeting code 496241283# OR +1-312-626-6799, meeting code 496241283#

You may choose to stay anonymous by changing your name to “anon” and leaving your camera off (bottom left of your screen). To rename yourself, right-click on your name and choose “rename” in the drop-down box OR click on the blue box with 3 white dots at top right of your screen; and choose “rename” in the drop-down box.

**For more information, email Ann Morgott at [amorgott@tulane.edu](mailto:amorgott@tulane.edu)**