

# 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. The gathering times below are facilitated by a faculty member from the Department of Psychiatry and Behavioral Sciences. The gathering shares brief information related to coping with stress and provides guided mindfulness-based exercises focused on calming the body and mind.

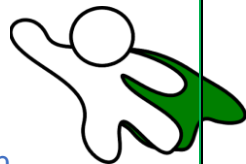
**Why:** The COVID-19 crisis has brought about stress and uncertainty, and highlighted our human vulnerability. The Zoom gatherings offer brief opportunities to check in with your own needs and experience in a supportive, accepting, and modulated manner.

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

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

**When:** Tuesdays, July 7 & July 21  
Thursdays July 16 & July 30

12:00 –12:45 PM *Live session*  
8:30 - 9:15 AM *Live session*



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.

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