

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 Tulane faculty and residents. Each gathering will have co-facilitators offering brief information related to coping with stress and guiding mindfulness 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:*

Thursday	3/26/20, 6:00 – 6:45 PM
Friday	3/27/20, 2:00 – 2:45 PM
Friday	3/27/20, 5:00 – 5:45 PM
Monday	3/30/20, 8:00 – 8:45 PM



*Times may vary each week; this announcement will be sent weekly.

Each gathering is stand-alone and will have a limited number of people. 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 “anonymous” and leaving the video/camera off (bottom left of your screen). To rename yourself, right click on your name and choose “rename” in the drop-down box. Another option is to click on the blue box with 3 white dots on the top right of your screen; and choose “rename” in the drop-down box.

For more information, email Ann Morgott at amorgott@tulane.edu