

## Self-Care Links

### Loneliness and Connection

No time to read the book?  
Take one hour to listen to a  
conversation between Dr.  
Murthy and Brenne Brown.

### The Life of Christopher Duffley

We all have gifts and can all  
offer hope to others.

### Open the Eyes of My Heart

This begins with the video of  
Christopher Duffley that went  
viral and ends with a 2020  
update. Pure inspiration.

### Experience Life - Robin

### Williams Motivation Tribute

In memory of Robin Williams  
who passed away in August  
2014, yet still makes us think  
and smile. What gifts.



## A Funny Truth

"Seize the moment.  
Remember all those  
women on the 'Titanic'  
who waved off  
the dessert cart."

ERMA BOMBECK

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## The Difficulties of Living in Uncertain Times

Dartmouth College in Hanover, New Hampshire offers programs on wellness to faculty, staff, and students. One handout posted on their site is from Cigna and it addresses Strategies for Coping Through Uncertainty. COVID-19 numbers rise and fall and will do so for some time. One common thread that can be found among us all is that our norms have shifted. We are left to wonder when, if, we will ever return to a normal routine of relative calm. This Cigna handout offers tips on taking responsibility of our well-being during such times.

Everyone has faced difficulties and challenges in their past. Reflecting on these past challenges can remind us that a balance always eventually returns. During the interim of our present challenge of COVID-19, we can learn new ways to respond, rather than react. The day will come when this will be a memory that we can reflect on and potentially realize not only did we survive COVID-19, we personally grew within the span of its challenge.

The Cigna handout offers mental, emotional, and physical coping strategies to do just this. One of the mental coping strategies given is to concentrate on the here and now, remaining in the moment. One of the emotional coping strategies offered is to look for healthy, safe emotional outlets, such as running or talking to others when you find emotions building up. A physical coping strategy referenced is to nurture yourself by doing something calming and relaxing, such as meditation. Whatever your preference, you can implement a single strategy or build strategy upon strategy, such as walking in the park with a friend, remaining in that moment, as you talk out your frustrations during your walk.

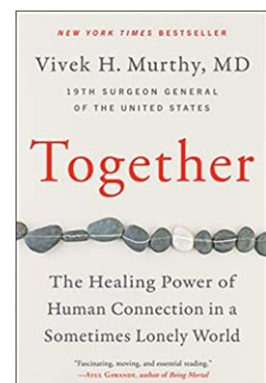
To view the Cigna handout [Go to Strategies](#).

## The Winner's Corner



Katina Taylor wins this  
month's self-care gift card!

## Book Club



Dr. Murthy writes about the hidden  
impact of loneliness.