

A Moment to Pause

ISSUE #1

Through this note, by offering a reflection on the remarkable spirit of the nearly 6,000 DPH and UCSF staff, scientists and clinicians contributing at ZSFG, we intend to highlight our collective efforts to becoming the best place to work.

After several whirlwind weeks of extraordinary COVID-19 activities, by so many on the ZSFG campus, across the DPH sites and throughout the city, while reading this note, may you find a moment to pause. And in that pause, whenever it comes, may you recognize the ways you have connected with another person in a caring way. A kind way. Perhaps it was a patient. Maybe it was a colleague. For many of us it could be someone we are socially distant from. And in this pause, I invite you to consider how someone else touched you in a caring way. Caring moments are happening. They can go by quickly. They're easy to miss. A memorable moment for me came Monday, when an EVS colleague, sporting a pom-pom stocking cap, stopped me just before I gowned-up to enter the room of a patient pleading to be released from isolation. Rita called to me "Hey doc, before you go in there, let me show you something." Lifting her iPhone, she said "Here are photos of my garden. Did you know I am a landscaping expert?" Her front yard was beautiful. She beamed as she told me the town gave her an award. For a few moments we celebrated her creation. I have known Rita for years, yet her green thumb was news to me. Our gardening pause grounded me. It reminded me - each of us has stories. The distressed patient I was now going to see has stories. All who support the work of keeping our communities healthy have stories. Each of you reading this have stories.

With this wellness note we intend to create [*A Moment to Pause*](#). We hope to make an opening for the stories unfolding all around us. Many stories will be inspiring, relating the heroic effort made so frequently, by you. And because heroism takes a toll, stories also will involve deep pain, frustration, and anger. Because of what you are experiencing as you press to do all that is needed, with [*A Moment to Pause*](#), we intend to share diverse ways you and we can care for ourselves and for one another. Below are some resources we hope you will find meaningful.

With great respect for your caring work.

With gratitude for your caring self.

Jeff Critchfield, Aiyana Johnson, Margaret Damiano, Brandi Frazier, Shannon Smith



Rita's Garden

Resources

We invite you to take ***A Moment to Pause*** while checking out the following resources:

Entertainment – Go on a trip- see great art; take in a Broadway show.

- [World-Renowned Museums - From Home](#)
- [Broadway Daily Live Streaming Performances](#)

Stress Management & Mindfulness Applications

- [Stop, Breathe & Think](#): Check in with how you're feeling, and try short activities tuned to your emotions. Always free, and for kids too.
- [Insight Timer](#): This app is a great library that you can search for various types of meditations and lengths by excellent teachers. Always free.
- [10% Happier](#): Learn to meditate from the world's top mindfulness experts. Free and paid options available. Health care providers can use redemption code HEALTHCARE to unlock all content.
- Feeling overwhelmed, distressed or scared? Need a minute to re-center and reconnect? Call our Sojourn Chaplaincy Spiritual Care re-centering line at ***68154 (or from your personal device: 628-206-8154)** to hear a new recording every day. Make a call and take 2 minutes for yourself, available 24/7.

Counseling & Support for Employees

- Spiritual Care is here for you if you need extra support. Please don't hesitate to call *68500
- For DPH Colleagues: [Employee Assistance Program](#) individualized, confidential telephone counseling
- For UCSF Colleagues: [Diverse counseling services here](#)

We would love to hear from you.

Please scan the QR code below to suggest a future topic for *A Moment to Pause* or to share a word or phrase to describe how you took a moment to pause. (Played with my kids, walked my dog, phone call with family, etc.)

