

Dear Rutgers Postdoc Community,

It's been a challenging week for all our community, and we wanted to check-in, say hello and let you know that we are here for you. We understand the stress and disappointment in having changes made to and how research activities are conducted and the cancellation of university events and gatherings. We are working on moving our monthly events to a virtual platform and we will inform you as soon as we have it ready. In the meantime please don't hesitate to contact us via email if there's anything we can do to assist you during this difficult time or if you need any information.

The following are some tips to help you make the best out of this unprecedented public health crisis.

1) Stay Connected

During this time of isolation, it's especially important to stay connected to your loved ones. Take a break to call a family member or friend, connect with your network via social media. Hearing the voices of the people you care about will give you a sense of comfort and connection.

- ✓ [Email us](mailto:opa@oq.rutgers.edu) at opa@oq.rutgers.edu to schedule some time to talk. Virtual advising and coaching sessions are available through WebEx.

2) Keep Your Routine as Much as Possible

During times of disruption, it's important to maintain a level of normalcy. Wake up, eat breakfast, get ready for the day, do the things you would normally do every day to go to work—and keep your sleep routine as well.

- ✓ Give yourself permission to be okay with not being at 100% productivity.

3) Bring Joy and Inspiration into your Workplace

Look at your workplace and assess how it makes you feel. Are there small changes you can make to your workplace environment that would help you feel more at ease, focused, and maintain high productivity? Your visual surroundings make a difference, including the colors, décor, plants, etc. Consider what are some things in your environment you can add/change to make it a more welcoming and productive workplace for you. Talk to your PI about what you need in order to maintain your safety and to stay productive during this challenging time.

- ✓ For some, listening to calming music, like this [playlist](#), can boost productivity and focus.

4) Take a Break

Did you know that walking boosts your health, energy, and creativity? Learn more [here](#).

And be sure to take a break to go outdoors and get at least 15 minutes of fresh air in a safe outdoor space while maintaining social distancing (6 ft. away).

5) Protect Your Mental Health

In times of uncertainty, it is important to protect your health, including your mental health. You are not alone, and you don't have to get through this alone. As a reminder, there are mental health and wellness resources available to you within and outside of the university, including virtual counseling sessions.

- ✓ We have recently launched a Mental Health and Wellness page on our website. There, you can find vital mental health resources, spanning from internal Rutgers resources to apps and helplines that anyone is free to use. [Click here to access the new Office of Postdoctoral Affairs' Mental Health & Wellness webpage.](#)

Stay safe and be well.

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