Welcome and thank you for taking the time to be here today, you are in the right place!

While we wait for everyone to join us, please introduce yourself in the chat box by sharing:

- Your name
- Your role/Health Center
- What book or tv show have you been binging when your mind needs a break?
Kelly Davis, MPA, is KINSHIFT’s Chief Equity Officer and racial and gender justice expert. Her understanding of the impact of racism on health is informed by her life experience and extensive public health career. Prior to her current role as the Chief of Birth Equity and Innovation at the National Birth Equity Collaborative, she led a series of innovative activities throughout her decade at the NYC DOHMH, including serving as one of the founding members of the Center for Health Equity and catalyzing NYC's first HIV public awareness campaign entirely focused on women.

kelly@kinshift.com
It helps if you remember that everyone is doing their best from their level of consciousness.

Deepak Chopra
It’s ok to...

- have dodgy wifi
- stand, sit or lie down for meetings
- switch off your camera to have a stretch or eat an apple
- have your pets, partner, housemates or children gatecrash your video conference
- turn (another) video conference into a walk and a phone call instead
- not check email or ping out of hours
- add some gaps and pauses to your day to think and rest
- put your family before your work
- not know everything
- be confused
- say “I don’t know”
- ask for help
- have a cry
- talk about it
- not talk about it
- challenge things you’re not comfortable with
- feel like these are crazy times, because they are crazy times
- have a crappy day
- have a great day
- share things that have helped you
- smile
- say you’re not OK
Chair Stretching
Body Scan
Guided Visualization
Take home resources

- NEW: Mental prompts document
- Previous Community Care resources
  - [Doctor, Heal Thyself: Physician Burnout in the Wake of COVID-19](#)
  - [Implementing Optimal Team-Based Care to Reduce Clinician Burnout](#)
  - Chill-while-you-chart playlists!
    - Classical and ambient
    - Pop & RnB
  - Short medications for healthcare workers
    - [Pre-Shift Affirmations For Nurses & Healthcare Workers](#) (5 minutes)
    - [Three Daily Mindfulness Practices for Healthcare Workers - From Dr. Mark Bertin](#) (10 minutes)
    - [Mindfulness Meditation with Dr. Aditi Nerurkar](#) (6 minutes)
Please completed the evaluation survey: https://bit.ly/CommunityCareSept21

We truly value your feedback!