

# PROVIDER ALERT

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## Emotional Well-Being During the COVID-19 Crisis for Health Care Providers Webinar Series

We know this is a difficult time for everyone, especially those of you who are serving patients. Please join us for an 8-week webinar series featuring mental health and emotional wellness experts showing how health care providers can reduce personal stress during the COVID-19 outbreak.

These webinars are held via Zoom on Thursdays from Noon–1:00 p.m. Advance registration is required. Participants are encouraged to submit questions in advance to help our speakers address the full range of health care provider concerns and responses to the crisis. We also invite you to briefly share any personal tips and practices that are helping you during this time. We will share some of these tips publicly and ask that you provide your name if you would like to be identified. Please email your questions and comments to [john.mccoy@ucsf.edu](mailto:john.mccoy@ucsf.edu).

This webinar series is co-sponsored by the UCSF Department of Psychiatry, the UCSF Office of Alumni Relations, the Greater Good Science Center at UC Berkeley, and the Mindsight Institute.

DATE	SPEAKER(S)	TOPIC	REGISTRATION/ARCHIVE
<a href="#">April 16</a>	Roshi Joan Halifax, PhD	<b>Healing Moral Distress, Moral Outrage, and Reducing Burnout</b>	<i>Registration link coming soon</i>
<a href="#">April 30</a>	Daniel J. Siegel, MD	<b>Supporting Our Youth: How to Survive and Thrive</b>	<i>Registration link coming soon</i>
<a href="#">May 7</a>	Wim Hof Ashley Mason, PhD	<b>Making Stress Work for You: Restoration Through Hormetic Stressors and Wim Hof Breathing</b>	<i>Registration link coming soon</i>
<a href="#">May 14</a>	Thubten Jinpa, PhD	<b>On the Front Lines: Compassion-Based Strategies</b>	<i>Registration link coming soon</i>
<a href="#">May 21</a>	Bessel van der Kolk, MD	<b>Resilience to Traumatic Stress: When the Body Keeps the Score</b>	<i>Registration link coming soon</i>
<a href="#">May 28</a>	Esther Perel, PhD	<b>Relationships Under Shelter: Transforming Conflict to Harmony</b>	<i>Registration link coming soon</i>

**Updated 4/9/20**