We know these are difficult times for everyone, especially those of you who are serving patients. We hope you will enjoy these webinar series presentations featuring mental health and emotional wellness experts showing how you can reduce personal stress during the COVID-19 outbreak, as well as coping with other disasters. In addition to these hour-long webinars, we have made a series of mini-videos on related topics [1].

Available webinar series:

- Emotional Well-Being in 2021
By popular demand, we are launching a second series of webinars based on last year’s Emotional Well-Being During the COVID-19 Crisis for Health Care Providers series. As before, these sessions will be moderated by Vice Chair for Adult Psychology Elissa Epel, PhD [4], and feature experts sharing insights on how we can reduce stress and trauma in our health care systems and communities during the COVID-19 outbreak and other crises. We will also be updating the UCSF Coping Resources website as we travel together through this year and identify unmet needs.

This webinar series is co-sponsored by the UCSF Department of Psychiatry and Behavioral Sciences [5] and UCSF Office of Alumni Relations [6] with support from John McCoy and Nicholas Roznovsky.

April 15 - Building Institutional and Personal Resilience

WATCH A RECORDING OF THIS PRESENTATION [7]
Speakers

- Maga Jackson-Triche, MD, MSHS [12], Health Sciences Clinical Professor, UCSF Dept. of Psychiatry and Behavioral Sciences
- Christine Mangurian, MD, MAS [13], Professor of Clinical Psychiatry and Vice Chair for Diversity and Health Equity, UCSF Dept. of Psychiatry and Behavioral Sciences
- Robert Rodriguez, MD [14], Professor, UCSF Dept. of Emergency Medicine

A discussion on the mental health challenges?including those of health care providers?and lessons learned from UCSF COPE, with a focus on building institutional resources for preparedness for future challenges.

Resources

- Balancing Act: Mom and Health Care Provider [15] (video)
- Manager Tips: Build a Healthy Team During Stressful Periods [16]
- Breath of Life Blessing Practice [17] (video)
- Breathing: A Fundamental Aspect of Stress reduction [18] (video)
- Anxiety, Burnout, PTSD, and the Effect of COVID Testing on Health Care Workers [19]

May 13 - Pandemic Transitions: From Collective Grief to Joy

WATCH A RECORDING OF THIS PRESENTATION [20]
Speakers

- Esther Perel, MFT [24], family therapist
- Jack Saul, PhD [22], trauma therapist and leader of communal resilience movements

In the wake of the pandemic and systemic social injustice, we are facing vast collective grief. Renowned therapists Jack Saul and Esther Perel will discuss ways to witness and move through grief, using creative expression, toward experiencing fresh joy and purpose in our new world.

Resources

- Jack Saul on Amanpour & Co.: "What is Communal Trauma and Healing?" [25] (video)
- Workshop: "How To Live With Prolonged Uncertainty and Grief" [27] (video)
- What Death Can Teach Us About Life [29]
- Why Eroticism Should Be Part of Your Self-Care Plan [30]
- How Erotic Thinking Helps Emotional Connection [31]
June 3 - Pandemic Burnout and Regeneration for Our New World: One Year Later

Speakers

- Elizabeth Blackburn, PhD [38], Professor Emeritus, UCSF Dept. of Biochemistry and Biophysics
- Eve Ekman, PhD [39], teaching faculty, UCSF Osher Center for Integrative Medicine
- Trudy Goodman, PhD [40], founder, InsightLA
- Jack Kornfield, PhD [41], founder, Spirit Rock Meditation Center
- Dan Siegel, MD [42], Clinical Professor of Psychiatry, UCLA School of Medicine; founder, Mindsight Institute

A panel of leaders in mental health and science will discuss combatting pandemic fatigue, share short meditations, and revisit their previous discussion on personal and communal lessons and hopes for rejuvenating our lives, science and healthcare, self-care, and our earth.

Resources


July 1 - Anti-Racism and Building an Inclusive Culture

Speakers

- Rhonda Magee, JD [48], Professor of Law, University of San Francisco
The race equity movement has left us with greater awareness of the urgent need for changes in the way we interact and run our businesses and institutions. This webinar will feature a frank discussion on what one psychiatry department has done to address interpersonal and systemic racism, as well as insight from an expert on a compassion-based approach for insightfully seeing and discussing race, and being actively anti-racist.

Resources

- Book by Rhonda Magee: “The Inner Work of Racial Justice” [51]

August 5 - Well-Being of Youth and Young Adults

Speakers

- Joyce Dorado, PhD [56], Health Sciences Clinical Professor, UCSF Dept. of Psychiatry and Behavioral Sciences; director, UCSF Health Environments and Response to Trauma in Schools (HEARTS)
- Julie Lythcott-Haims, JD, MFA [57], *New York Times* best-selling author
- Suniya Luthar, PhD [54], Professor Emerita, Columbia University; founder, Authentic Connections
- Moderator: Dan Siegel, MD [42], Clinical Professor of Psychiatry, UCLA School of Medicine; founder, Mindsight Institute

Parenting and educating young people as they transition back to in-person learning and jobs this year will likely be both joyful and challenging. A panel of experts will discuss approaches that parents, caregivers, and educators can take to support youth, including strategies to promote resilience, resourcefulness, and creating environments that facilitate a sense of belonging and agency?especially for youth of color. They will also discuss the risks of excessive pressure to succeed and countering helicopter parenting, as well as ways that schools can implement trauma-informed, equity-promoting approaches that foster wellness and healing justice.
Resources


- Book by Julie Lythcott-Haims: “How to Raise an Adult” [59]

- Julie Lythcott-Haims’ Four Parenting Tips to Raise an Adult [60]

- Dan Siegel’s books on parenting [61]

- UCSF HEARTS (Healthy Environments and Response to Trauma in Schools) [62]

- Article on UCSF HEARTS from the book “Assessing and Treating Youth Exposed to Traumatic Stress” [63]


September 2 - From Climate Stress to Activation: The Critical Role of the Health Professional

 Speakers

- Mark Coleman, MS [70], author and nature meditation teacher; host, Nature Summit
- Robin Cooper, MD [71], Volunteer Associate Clinical Professor, UCSF Dept. of Psychiatry and Behavioral Sciences; co-founder, Climate Psychiatry Alliance
- Edward Maibach, PhD [72], Mason Distinguished University Professor, George Mason University
- Linda Rudolph, MD, MPH [73], Senior Advisor on Climate, Health and Equity, Public Health Institute

The climate crisis is impacting health, and health care professionals have a pivotal role as
advocates for change. The climate crisis must be mitigated by vast reductions in carbon use, including by the medical industry, which is responsible for 8% of global greenhouse gas emissions. Physicians will share how they have promoted advocacy, as well as effective ways of messaging, and how leaders serve as trusted sources of information, educators for policymakers and local institutions, and change agents in their own institutional or governments policies. Healthcare professionals and others can help move the public and leaders from distress into active roles that will have reverberating impacts on our societal change. This session will end with a meditation.

This webinar is co-sponsored by the UCSF Center for Climate, Health and Equity and the UCSF Department of Psychiatry and Behavioral Sciences Climate Crisis and Mental Health Task Force. A workshop on advocacy training will be announced during this session.

Resources

- Linda Rudolph interview: "A Vote for Health is a Vote for Climate" [video]

- Climate Psychiatry: The Diverse Challenges of Climate to Mental Health [video]

- The Medical Society Consortium on Climate & Health mission and consensus statement

- Awake in the Wild Nature Meditation [video]

October 7 - Psychedelics and Mental Health: The Science and the Practice

Speakers

- Francoise Bourzat, MA, adjunct faculty member, California Institute of Integral Studies
- Robin Carhart Harris, PhD, Professor and researcher, UCSF and Imperial College London
- Dacher Keltner, PhD, Professor, UC Berkeley Dept. of Psychology
- Charles L. Raison, MD, Professor and the Mary Sue and Mike Shannon Distinguished Chair for Healthy Minds, Children & Families, University of Wisconsin, Madison
- Sara Reed, MS, LMFT, CEO and founder, Mind's iHealth Solutions
This session will discuss how psychedelic-assisted therapy can relieve suffering in depression and PTSD based on new clinical trials, how they may work with insights from brain imaging studies by the leading neuroscientist in this area and a pioneer in our understanding of the power of awe, how they can be culturally adapted and help reduce racial trauma by the leading therapist in this area, and further exploration of psychedelics and mental health from one of the pioneers of this method, with decades of experience in indigenous wisdom who is now training the next generation of therapists.

Resources

- Health Equity In Psychedelic Medicine: Advancing Practices for People of Color [87]
- Ketamine Therapy Through a Culturally Responsible Lens [88]
- Book by Francoise Bourzat: “Consciousness Medicine: Indigenous Wisdom, Entheogens, and Expanded States of Consciousness for Healing and Growth” [89]
- Interviews with Francoise Bourzat [90]
- Wonder & Awe podcast episode with Dacher Keltner [91] (video)
- The Science of Happiness podcast [92]

Emotional Toolbox Webinar Series

This webinar series for UCSF staff is co-sponsored by the UCSF Department of Psychiatry and Behavioral Sciences [5], UCSF Staff Assembly [93], UCSF Administrative Management Professionals [94], Diversity & Inclusion Certificate Program Alumni [95], and Council on Campus Climate, Culture and Inclusion (4CI) Staff Subcommittee [96].

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

This webinar series, co-sponsored by the UCSF Department of Psychiatry and Behavioral Sciences [5], UCSF Office of Alumni Relations [6], Greater Good Science Center at UC Berkeley [108], Mindsight Institute [109], and the John W. Brick Mental Health Foundation [110], was held in the spring of 2020.

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| 05/07/20   | Wim Hof [121]  
Ashley Mason, PhD [122] | Making Stress Work for You: Restoration Through Hormetic Stressors and Wim Hof Breathing | Watch video [123]        |
| 05/14/20   | Eve Ekman, PhD, MSW [111]  
Thupten Jinpa, PhD [124]  
Sanjay Reddy, MD [125] | On the Front Lines: Compassion-Based Strategies | Watch video [126]        |
| 05/21/20   | Bessel van der Kolk, MD [127]  
David Bullard, PhD [128]  
Douglas Ziedonis, MD, MPH [129] | Resilience to Traumatic Stress: When the Body Keeps the Score | Watch video [130]        |
| 05/28/20   | Esther Perel, MA [131]  
Ethan Weiss, MD [132] | Relationships Under Shelter: Transforming Conflict to Harmony | Watch video [133]        |
| 06/04/20   | Elizabeth Blackburn, PhD [134]  
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Elissa Epel, PhD [97]  
Jack Kornfield, PhD [41]  
Daniel J. Siegel, MD [112] | Resilience and Regeneration | Watch video [136]        |

## Resources for this series

### Session 1 (Ekman/Epel/Siegel)

- Cultivating Emotional Balance in Groundless Times [137]
- UCSF Department of Psychiatry’s COVID-19 Mental Health Resources [138] (see "Emotional Well-Being" section for breathing exercises)

### Session 3 (Halifax/Doerhn)

- Helpful Tips for Providers on Working With Moral Distress and Moral Residue [139]
- Cultivating Presence in Our Encounter With Suffering [140] (includes the meditation on strength statements at the end)
- Varela International Symposium: Exploring the Great Landscape of Awareness? Insights From Neuroscience, Cognitive Science, and Buddhism
The online contemplative support circles described by Jennifer Doerhn are based on healing circles.

Session 4 (Siegel)

- The Wheel, the Pandemic and Resilience: Dan Siegel's model of the mind and how one can enter a deep relaxing experience of awareness of the mind using the Wheel of Awareness

Session 5 (Hof/Mason)

- About Wim Hof (free mini class)
- The Wim Hof Method (free mini class)
- Pilot study on the Wim Hof Method examining inflammatory response to endotoxin
- UCSF News: Can short-term stress make the body and mind more resilient? A new study is testing that theory

Session 6 (Jinpa/Ekman/Reddy)

- "A Fearless Heart: How the Courage to Be Compassionate Can Transform Our Lives" by Thupten Jinpa, PhD
- Interview: "Thupten Jinpa on Fearless Compassion"
- Mind & Life Podcast: "Thupten Jinpa ? Cultivating Compassion"

Session 7 (van der Kolk/Bullard/Ziedonis)

- Mindfulness Practices for Clinicians
- "Coming To Your Senses" video series on somatic strategies
- Trauma Research Foundation virtual conference: Psychological Trauma in the Age of Coronavirus (May 28-30)
- "The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma" by Bessel van der Kolk, MD

Session 8 (Perel/Weiss)

- New York Times opinion article: "We're All Grieving. This Is How We Get Through It."
- Relationships Under Lockdown: Resources from Esther Perel for Couples, Individuals, and Families Coping With the Realities of Life During COVID-19
- Clip from Esther Perel?'s Sessions dialogue with Elissa Epel on how to have emotional boundaries when needed, emotional closeness, and avoiding zoom fatigue
Session 9 (Blackburn/Ekman/Epel/Kornfield/Siegel)

- The Lindau Guidelines [161], a Hippocratic oath for research by Elizabeth Blackburn, PhD
- Talks on steadiness, compassion, and reducing anxiety [162] by Jack Kornfield, PhD
- Free weekly talks on science and coping [163] by Daniel Siegel, MD
- The Aging, Metabolism, and Emotions (AME) Center [164] features lectures and retreats with Elissa Epel, PhD

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[20] https://www.youtube.com/watch?v=5ibZAEpJaYk&amp;list=PLWXu8EHZjBYrAVPc5qz7zyyEJUhiFR9zJ&amp;index=
[23] https://psych.ucsf.edu/#210513
[125] https://osher.ucsf.edu/patient-care/patient-care-team/sanjay-reddy
[126] https://www.youtube.com/watch?v=oLMUpedTQ5Q&list=PLWXu8EHZjBYoujTb4kBvNU8bhzNIvFzEzV&amp;index=1
[127] https://www.besselvanderkolk.com/about/biography
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[129] https://medschool.ucsd.edu/about/leadership/Pages/douglas-ziedonis.aspx
[130] https://www.youtube.com/watch?v=IW2WchwU&amp;list=PLWXu8EHZjBYoujTb4kBvNU8bhzNIvFzEzV&amp;index=8
[131] https://www.estherperel.com/my-story
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[134] https://blackburnlab.ucsf.edu/people/elizabeth-blackburn-phd
[135] https://eveekman.com/about/
[136] https://www.youtube.com/watch?v=qOLvijdw20&amp;list=PLWXu8EHZjBYoujTb4kBvNU8bhzNIvFzEzV&amp;index=10
[137] https://www.youtube.com/watch?v=pXxEIWiVawo
[138] https://psych.ucsf.edu/copingresources
[139] https://www.youtube.com/watch?v=9H3Xnb-G_YE
[140] https://www.youtube.com/watch?v=4GxaFW6M-s
[142] https://www.upaya.org/program/varela-symposium-exploring-awareness/?id=2154
[143] https://healingcirclesglobal.org/
[144] https://drive.google.com/drive/folders/10hbW0OA1eqiM8wKTOfRAdY8fIJQ5Nfvu
[145] https://www.amazon.com/Power-Showing-Up-Parental-Presence/dp/1524797715
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[159] https://ucsf.box.com/s/735d3x02nosb7ax491hfjt65fipgzmn2
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