

Dear Mount Sinai Community:

In the current state of social unrest amid the ongoing pandemic, there are undoubtedly many feelings we may experience — anger at racial injustice, frustration at history repeating itself, fear for ours and others' safety, excitement about potential change to come, and many others. Your well-being at work is inseparable from your overall personal well-being and that of your community and society as a whole. The stress of these circumstances on our patients and each other can make things all the more challenging. So as you show up each day to teach, learn, and heal, you may carry with you the weight of the current social turmoil, and some may bear this weight heavier and longer than others. You may be more distracted, tired, irritable, and emotional. Or you may feel completely fine at one time and not at all at another. However, when your mind and body react, know that it only makes you human.

The effect of stress is cumulative and there has certainly been plenty of it. While there is much that is out of our control in this moment, it may be helpful to focus on what we do have control over, whether it is an action toward a cause, caring for others, or taking steps to care for ourselves. And while it is normal to have many emotions right now, it may also be helpful to seek out support to help you through this time. You can do this by speaking to your colleagues, supervisors, friends, and family, and by reaching out to professionals for additional support. Please visit our [well-being webpage](#) for resources on basic needs, self-care, and mental health support.

The Office of Well-being and Resilience aims to help every member of our Sinai community achieve a sense of meaning and satisfaction in their work. However, we recognize that when your most basic needs (such as basic bodily safety) are not met, it is incredibly difficult to feel a sense of well-being. All of us in the OWBR stand beside our colleagues and patients in the Black community always and as we move forward towards a world in which every life is valued equally and treated with respect, compassion and without bias.

The Office of Well-being and Resilience



**Icahn School  
of Medicine at  
Mount  
Sinai**

*Office of Well-Being  
and Resilience*