



Dear Mount Sinai Community:

The Office of Well-Being and Resilience's Reflection on 2021

The end of the year is a natural time to reflect, celebrate, give, and gather with family and friends. No matter your tradition and how you choose to spend this time, all of us at the Office of Well-Being and Resilience wish you a safe and joyous season.

During the holidays, it can feel like the focus is outward and on others near and dear. But we encourage you to preserve some of that focus for you. Our wish for you is the gift of compassion for yourself.

We also know that the end of the year can bring stress and exacerbate tough feelings. This was true well before the pandemic but may be especially apparent now. The increase in COVID-19 cases and uncertainty around the Omicron variant may once again interrupt our lives and lead to feelings of anxiety or disappointment.

While you continue to serve and support those under your care and near to you, we encourage you to make room for you. Don't forget to care for yourself, both mentally and physically.

Keep these thoughts and ideas in mind:

- Treat yourself with compassion
- Make room to process a range of emotions
- Connect with others to the extent possible
- Try to go outside and move around

Making room for reflection and recharging was important feedback from our Your Voice Counts workplace survey earlier this year. We're here to help:

- **We have resources for you:** As a reminder, Mount Sinai offers many [well-being resources](#) including those for self-care and mental health services. [This infographic](#) includes all of the resources as well.



We want you to remember the progress we've made in understanding and managing the virus. This alone gives us reason to stay hopeful and stokes our optimism about our shared work of building strength as individuals, as teams, and as an organization.

Know that we are thinking about you and that your well-being is our mission.

We thank you deeply for all you have done and continue to do to care for our patients and each other. We are grateful to be a part of this community.

We wish you a healthy winter season.