President’s Weekly Bulletin – April 10, 2020
Robyn Mehlenbeck, PhD

Dear Members, Trainees & Friends,

This week has been chock full of work, family time and the start of Passover, a holiday I traditionally celebrate in person with my extended family. This year, I was in charge of developing and implementing our first ever virtual Seder, all while maintaining full time plus work, AND enjoying my teen daughter’s creativity as she decided Tuesday night was “Disney dinner night” and we all had to dress up as a Disney character. Honestly, it was an exhausting week!

However, I also was able to add a special daily yoga practice to my routine. And I can make my teens forget about quarantine when I dress up as a Dalmatian (yes, it was very cute & very easy!). I was able to prioritize several walks, and experience pure joy in having my aunt (from several states away) join us for the first time an interactive Seder. And, our family remains healthy.

I am not sure exactly what this week’s specific message is, other than that valuing each day as it comes is so important – especially when cultural rituals inherently include being together. For those of you celebrating Passover, Easter and the upcoming holiday of Ramadan, togetherness is a key part of most celebrations. And if we can’t currently do it safely in person, be creative in your ways to be together virtually. I have already heard many, many stories of Passover seders that grew larger and involved family and friends who had not been together “since we were married 15 years ago!” And I loved the prime minister of New Zealand for reminding us that the Easter bunny is an essential worker.

Enjoy your weekend. Connect with your family and friends. And our SDBP CONNECT is back next week. We hope you will join us on Wednesday April 15th at 12 noon EST/ 9am PST.

SDBP Member Connection Call: April 15, 2020 12:00 PM Eastern Time

Join Zoom Meeting
https://zoom.us/j/531621209?pwd=Mks3S1BuZ1dmV1JFUEJ4c3MzZVgxZz09

Meeting ID: 531 621 209
Password: 370211
or
Dial by your location
+1 646 558 8656 US (New York)
+1 312 626 6799 US (Chicago)
+1 669 900 6833 US (San Jose)
+1 346 248 7799 US (Houston)
Find your local number: https://zoom.us/u/ad8Qg8Vt7A

My favorite resources of the week:
COVID-19 Mental Health Resource Hub

Kids & COVID 19 Resources – A compilation of APA Div 54 resources
Our Members Recommendations for Self Care:
Monterey Bay Aquarium has some guided meditation (MeditOcean!) on their Youtube page while watching sea jellies and other sea creatures (very relaxing!)
https://www.youtube.com/playlist?list=PLq_DVMr7CmlJ3Dj0thjCFNylwgyrB72V6

Be kind to yourself. Be kind to others. Thank you for all you do!

As always, if you have any questions, concerns or need any help in any way, please don’t hesitate to reach out!

Warmly,
Robyn Mehlenbeck
President, SDBP