



*President's Weekly Bulletin – July 24, 2020*

*Robyn Mehlenbeck, PhD*

Dear Members, Trainees & Friends,

Each week I think “it will get a little calmer.” Or “I will be on top of my to-do list”. Yet, as we are approaching the end of July, the strain and stress of the pandemic is evident everywhere. From knowing more and more people ill with or dying from COVID, to advocating for our special needs children as schools swing from hybrid models to virtual only, to having to go physically into work despite being in a “hot spot.” And this is only the tip of the iceberg for many of you, as well as the families we work with, the trainees we are trying to give the best possible training to and the friends we desperately wish to hug.

So, how to cope. How to be a leader, a mentor, a parent, an educator, a physician. There are no easy answers, but I try to take one day at a time. Sometimes, one hour at a time. I focus on being present for that hour, focusing on the trainee I am mentoring, the family I am treating, the singing my kids are doing after dinner. I remind myself of what I am grateful for, which, by the way, is an evidence based intervention!! Expressing gratitude daily helps decrease negative thinking and depressive mood. I try to exercise daily (I admit, that one has fallen by the wayside these last couple weeks). I focus on the “we” to connect with others – family, friends, colleagues. So many of you have shared thoughts, comments and ideas – and know that the entire Board is so appreciative of the input as well as your connection with SDBP.

Almost 50 of you joined our SDBP Connect last week, and many contributed to a rich discussion of re-opening issues, including an interesting question about how to handle requests from parents for mask exemptions for kids with a range of issues including sensory sensitivities, anxiety, etc. Thanks to Carol for facilitating! As with all our SDBP Connect discussions, the recording is on the website for all our members to review.

Our new Diversity, Equity, Inclusion (DEI) committee is getting set up – we have identified co-chairs who will be meeting with the Board soon to set up the goals of the committee. Then, we will invite anyone who is interested in joining to the first committee meeting!!! Yes, this is an open committee 😊

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All our committees, in conjunction with Degnon Associates, have been working incredibly hard to move forward on initiatives – from advocacy to practice issues, education and research, membership, and of course, critical to keeping us connected, communications. The program committee is close to sharing the schedule for our Annual Meeting – and it is coming together wonderfully! Keep an eye out for the schedule to be released, and please think about attending committee meetings! We would love to have even more engagement as we go into the upcoming year.

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## **SDBP CONNECT – SAVE OUR AUGUST DATES!**

### **Please note revised AUGUST dates**

*Zoom links to August Connects will be sent out closer to those dates with reminders.*

#### **Tuesday August 4<sup>th</sup> – 4pm EST**

Dr. Damon Korb will facilitate a discussion on technology.

#### **Wednesday August 19<sup>th</sup> – 12 noon EST**

Dr. Tanya Froelich will lead a journal club on several anti-racism articles we will send out!

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For all you do, each and every day, thank you. Have a peaceful weekend!

Warmly

*Robyn Mehlenbeck, PhD*

*President, SDBP*

**I LOVE THIS FOR EVERYDAY!!!**

