



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=Mks3S1BuZ1dmVlJFUEJ4c3MzZVgxZz09>

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/j/531621209>

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_DVMr7CmlJ3DJothjCJNylwgyrB72V6

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

Dr. Narang's
**Quote
of the Week**



An Invitation to Brave Space

by: Micky ScottBey Jones

Together we will create *brave space*.
Because there is no such thing as "safe space" –
We exist in the real world.
We all carry scars and we have all caused wounds.

In this space
We seek to turn down the volume of the outside world,
We amplify voices that fight to be heard elsewhere,
We call each other to more truth and love.
We have the right to start somewhere and continue to grow.
We have the responsibility to examine what we think we know.

We will not be perfect.
This space will not be perfect.
It will not always be what we wish it to be.

But
It will be *our brave space together*,
and
We will work on it side by side.