

QUICK READ:

- As we emerge from the pandemic, this is a time both for looking back and for moving forward.
- You can share your reflections by participating in our new 55-word story campaign.
- Applications for Well-Being grants to build community are due by April 21.

To the UW Medicine Community:

It has been three years since the slow building swell of COVID-19 first made its way to our community and that swell rose to a wave that crashed upon us and our healthcare system. We didn't know then how long COVID-19 would be with us.

Now we find ourselves straddling an overlapping sense of life resuming past patterns and flows while still caring for patients with COVID and sustaining caution around patients, family and friends with less robust immune defenses. Many of us are still grieving and coming to terms with what and whom we have lost over the last three years. Others may feel a sense of nostalgia for the quiet streets and longer family meals without the hustle and bustle that has come back into many of our lives.

Part of our ability to adapt and emerge from the past few years includes reflection and renewed choice in building environments and patterns in our lives. I want to share two opportunities for all UW Medicine faculty, staff and trainees (inclusive of administrative, clinical, education and research areas) to continue moving forward.

First an opportunity for reflection and then a chance to design something new:

Reflection: How do we make sense of the journey of the last three years? How do we reflect on where we have been to help us have a better sense of where we are now?

When the pandemic began, two of our faculty members, Drs. Molly Jackson and Andrea Kalus, launched a [55-word story campaign](#) in collaboration with our Well-Being team to capture the emotions and feelings of the moment through short vignettes. Reading through those 55-words stories takes me back to times that feel hard to imagine now.

As a way of marking this moment, of three years with COVID-19 in our lives, we invite you to reflect on where you have been and where you are now through the creation of your own 55-word story. Share your three-year reflections in 55 words (or less) with our community [here](#).

Design something new: It's also essential that we focus on rebuilding community and connections to move forward. We know that you have great ideas on how best to improve the work and learning environment around you.

UW Medicine Well-Being Grants: Applications are now being accepted for [well-being grants](#), ranging from \$500 to \$5,000, to support our community. We hope these grants, which were made possible by a generous donation of \$100,000, will help you develop activities, projects and programming that build community, improve efficiencies and develop a culture of well-being. To be considered, applications must be submitted by April 21, 2023.

Looking for help on your proposal? If you have questions about your project or the application criteria, please consider joining our informational sessions:

Tuesday, March 21, 2 to 3 p.m.

<https://washington.zoom.us/j/99013560526?pwd=VWVrTXZqNDAxZUZtRGZvTHBtVmw4QT09>

Meeting ID: 990 1356 0526

Passcode: 419511

Thursday, April 6, noon to 1 p.m.

<https://washington.zoom.us/j/99013560526?pwd=VWVrTXZqNDAxZUZtRGZvTHBtVmw4QT09>

Meeting ID: 990 1356 0526

Passcode: 419511

As I reflect on the last three years, I feel overwhelming gratitude for being a part of the UW Medicine community during our collective pandemic response. Thank you for all of your effort during the three years behind us, and I am hopeful for the path we are building ahead of us.

With appreciation,

Anne

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