

**From:** Mueller, Bruce  
**Cc:** Jablonski, Holly; Ringold, Vicki Ellingrod  
**Subject:** Weekly Update from the COP Dean's Office for Grad Students and Post-docs  
**Date:** Tuesday, November 10, 2020 3:12:37 PM  
**Attachments:** [image003.png](#)

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**Office of the Dean**

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November 10, 2020

Dear Graduate Students and Post-Docs,

I have been asked to comment the University's plans for next semester and why it only applies to undergrads, and not to you, our grad students and post-docs. I learned the following and I wanted to share with you:

- Over 99% of campus cases have occurred in students <22 years of age
- Contact tracing has found these cases usually are associated with large social gatherings of unmasked people
- The rate of transmission in work settings like labs or in person classrooms where masks are worn and distancing is enforced is practically zero.
- These latter two points are a great testament to your efforts at keeping all of us safe. Because we have not seen the outbreaks we do not plan to make any changes to our processes at the current time.

I do have concerns about a different aspect of grad student life. Grad students tend to live relatively solitary lives as they conduct their research and I worry that they are very susceptible to feeling isolated. Please consider calling another grad student or post doc in your department that you don't usually see to say hi. We are all feeling lonely, your phone call might really be the brightest spot in a classmate's day.

- You may have seen in the Record today that central UM is planning a large **anti-racism faculty hiring initiative**. I have been participating in this early planning and have signaled that the College of Pharmacy wishes to participate in this program. Healthcare disparities and unequal access to pharmaceuticals based on race is research that is right in our wheelhouse. Our College should play a vital role in this space. More details as I get them, but if you would like to learn more, see this link: <https://record.umich.edu/articles/anti-racism-faculty-hiring-initiative-moves-forward-at-u-m/>

- **Election-related events and resources** continue to be available at: <https://speakactvote.umich.edu/>.

## YOUR WELL-BEING

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- **TAKE A BREAK!!** Building in small breaks at regular intervals will improve your productivity and your mental health. See [these tips](#) from Michigan Medicine.
- **Wellness Ideas Inspired by our PharmD students:** We will begin to highlight some wellness tips that our P1 class has been practicing throughout the semester. This week, we want to thank **Nhi TranHuynh and Ashley Henderson** for their education on how photography can support wellness. Whether you have an “ultra-fancy” camera or use your smartphone to take pictures, photography can be an engaging way to promote wellness through awareness, self-care, and reflection. Below are just a few of the amazing pictures they shared with their well-being course peers while practicing this new technique to optimize wellness.



Here is some information they shared with us about the benefits of photography:

- Evidence shows that mindfulness photography has potential to help those suffering from anxiety and depression. Data show participants often express that

they become consciously aware of the moments that made them happy.

- Using photography for everyday well-being can be helpful for:
  - o Self-care: Find renewal and energy by doing something creative or different, embrace the opportunity to take photographs outside and reap the added benefit of spending time in nature, feel a sense of purpose and achievement
  - o Community Building: When shared with friends/family, this practice can enhance your sense of community and support, use this as an opportunity to reminisce and reflect, refer to these good memories, and/or overcoming challenging times.
  - o Reminiscence and Reflection: Having stored photos allows you to look back and reflect on positive moments in your life.
- **Challenge:** Try taking a photo-a-day of either yourself, something that makes you happy, or something that would make others happy and share with your friends and family or keep for yourself to reminisce in the future and see how it impacts your overall wellness.

Sincerely,  
Bruce Mueller  
Interim Dean and Professor of Clinical Pharmacy

