



It's Time to Talk about Inner PPE.

The virus can beat us biologically. It need not beat us mentally.

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'I Couldn't Do Anything': The Virus and an E.R. Doctor's Suicide

Dr. Lorna Breen was unflappable — until she faced a new enemy.





It's a Fan!

It's a Wall!

It's a Rope!

It's a Snake!

It's a Snake!

It's a Tree!

PPE

- Mask
- Visible
- Training
- Enforcement
- Right to refuse

Social Distancing

Inner PPE

- Attention
- Invisible
- Training
- Enforcement
- Right to refuse

Inner Distancing

Training & Research

- Resilience Building Tools Study of Healthcare Providers, Harvard Medical School
- Tools for Wellbeing COVID Study of College Students, Rutgers University
- “To enhance your body’s own production of cannabis, try meditation”





Thank You!

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