

April Newsletter

April 3rd, 2020
Volume 1, Issue 4

COVID-19

The Newsletter is usually focused on positive news relating to the Physiology Department, but COVID-19 has profoundly impacted our community. We have included the following links for the most reliable and updated information regarding COVID-19.

[HUB AT HOPKINS](#)

[JHU COVID RESOURCE CENTER](#)

[MARYLAND DEPT OF HEALTH](#)

[CENTERS FOR DISEASE CONTROL](#)

Announcement

All in-person events for April are cancelled but Friday seminars are back! Join the meeting on Zoom every week during the month of April. If you haven't received the email with the link, reach out to your PI for more information.

Submit Something!

Do you have a suggestion for working from home? Ready to show off all the things you've done in the last two weeks? Send us photos, comments, or both! We are also welcoming any written submissions for the next newsletter.

Contact Us

Newsletter Team

[Sarah Chau](#)

[Kelli Johnson](#)

Physiology Committee

[Dylan Sarver](#)

Physiology Department

[CMP Website](#)

CMP Newsletter

COVID-19 is profoundly impacting our lives, our families, and our work. We hope that this issue of the Newsletter will bring you some sense of normalcy and maybe help you kill some time. We have advice from Kelli on how to stay sane at home, a brainteaser, and two new surveys! Will the number of responses and submissions go up with everyone at bored at home?

Stay sane, stay safe, and most importantly, stay the heck away from me!

Sarah & Kelli

Crazy at Home?

There is a lot of advice floating around on how to stay sane and productive when working from home. Here are some of the most common suggestions:



Designate a workspace

No, lying in bed doesn't count and it's probably a bad idea. Working in bed trains your mind to think of the bed as a place to work instead of place where you sleep! Even if you don't have an office, setting up a devoted workstation, such as a desk or corner, is important. Just like how students have "their desk" or "their seat" in the classroom, which gets them in the mindset for class, having a table or desk that is for work will help you focus and get into working mode.

Technology and the internet

The sudden shift to using technology you have at home may be sudden and jarring. Even more frustrating is when you attempt to pull up documents that you forgot to transfer or open files using programs you don't have on your personal computer! Not only do you need the workstation—computer, monitor, keyboard, mouse—but you need the programs and the capability to do your work as well. With kids and roommates at home, competition for internet bandwidth is fierce so set up a schedule so your Zoom lab meeting isn't lagging because your kid is playing Fortnite.



Have a routine or schedule

Know yourself. Routines are important and they can provide a structure to help you maximize your productivity. Working in your pajamas may be great for some people, but others might need to go through their routine of doing their hair and dressing before tackling anything work-related. And don't forget, just because you work from home, it doesn't mean that every moment at home should be devoted to it. If you are a morning person, start and end your workday a little earlier than normal. Go through your day as though you were going into the lab—just without the commute or the bench!

Stay Connected

Humans are social. One of the hardest things about the current situation is changing how we are interacting with others. You can't easily pop into the lab next door and chat or even ask for help but reach out and maintain these interactions by phone or on the internet. If you are having trouble, contact your mentor or text a lab mate. If you are stressed, reach out to family or friends. Even now, we aren't living in own bubbles. Just make sure you don't lose hours on Facebook "checking in" instead of working.

But most important of all...



Relax

This is a stressful time for everyone. Is my family alright? Are my friends okay? Working from home may make you feel like you need to always be working, but you have other responsibilities! Some of you have kids at home and being a parent is basically another full-time job on its own. Finding balance between work, family, and sanity isn't easy. Having the shutdown unexpectedly sprung onto us doesn't help either. Not only were we caught unprepared, we had to rework our schedule and routines. To take a break from all the madness, make time for yourself. Create something, read for pleasure, plant something, knit, or draw. Pull out the dusty keyboard hidden beneath piles of clothes and re-learn how to play. Cook or bake things you wouldn't normally have the time to make. You are home now, you have time.

Bored out of my MIND!

For those of you who want to think about something other than COVID, check out the brainteaser below. The answer for the riddle will be available in next month's issue.

Solve This Puzzle!

*The cipher below is for you to crack.
The skills you need, you do not lack.
It isn't straightforward, in a sense,
But don't think too hard, it's not that intense!
I'll give you some advice to solve this one,
Make sure you've got a table to solve this code on.
Confused, bewildered, and searching for more clues?
Arrange them carefully but not in ones or twos.
Single letters are all it takes,
For you to figure out what this makes!*

GgaGtaAtAagATaaAtTGaaATTcCaaTA

Surveys

STUCK AT HOME

COVID-19 has profoundly changed our routine and schedules. With so much time on our hands, many of us are turning to our tried-and-true hobbies or picking up new ones! Click [here](#) and let us know what you've been doing these last few weeks.

RESEARCH SERIES

It has been a few weeks since most of us have done any lab work but let us revisit something that most of us won't miss. Our second installment of this survey series asks, which lab chore do you hate most?

[April Research Survey](#)

Below are the results from last month's survey which includes all two responses!

