A message from the Dean

FERNANDO R. MIRALLES-WILHELM

Dear Mason community,

We can all agree that 2020 brought challenges for our Mason community and for many beyond our campus. We have faced a world pandemic and a global economic downturn. We have experienced losses of friends and family over the past year, and many have been kept from gathering with loved ones. We have experienced an election and its fallout, and we have seen the social unrest that followed. And we've worked through the ongoing turmoil of the pandemic, balancing the health and safety of our Mason family across academic units and disciplinary boundaries with a focus on education, impactful research, and meaningfully engaging our community. I suggested we use the winter break to rest up and take care of ourselves, restoring our energy for this semester. For honestly, we will need mental strength and enthusiasm to tackle what lies before us.

As the semester begins, we test our resolve to deliver on our mission of providing high-quality science education, impactful research, and meaningfully engaging our community. I suggested we use the winter break to rest up and take care of ourselves, restoring our energy for this semester. For honestly, we will need mental strength and enthusiasm to tackle what lies before us.

So what can we do to stay healthy? Here are some suggestions.

1. Stay connected. Social interaction is a primary source of emotional support and a means of reducing isolation. It can also help you feel happier, more hopeful, and more energetic. When talking to colleagues or friends, do not just talk about your immediate environment; discuss your interests and concerns as well.

2. Get moving. Physical activity can help you stay healthy. Exercise helps you maintain or improve your fitness levels, reduces stress and anxiety, provides a sense of accomplishment, boosts your mental health, and helps you sleep better. It can also prevent chronic diseases such as heart disease, diabetes, stroke, and cancer.

3. Eat a balanced diet. A healthy diet is essential for maintaining good health. It should be high in fruits, vegetables, whole grains, and lean protein sources.

4. Get enough sleep. Sleep is essential for good health. Aim for 7-9 hours of sleep per night.

5. Practice good hygiene. Wash your hands regularly and avoid touching your face.

6. Reduce stress. Find ways to manage stress in your life. This might include exercise, meditation, or talking to a friend.

7. Seek support. If you are feeling overwhelmed or stressed, seek help from a counselor or therapist.

By Dean Fernando R. Miralles-Wilhelm

Be well.

Stay Connected

Know what's happening on campus with Mason's official Instagram account @GeorgeMasonU. Find us on Instagram and show your Mason pride.

Related Events

ISE and the Center for Resilient and Sustainable Communities will host a webinar on systemic interactions with terrestrial and aquatic ecosystems.

February 3, 2021 | 11 a.m. to noon

Sustainable and Resilient Communities and Ecosystems Webinar

Hear Carnegie Mellon University's Irene Fonseca discuss Geometric Flows and Phase Transitions in January 29, 2021 | 10 a.m.

Center for Mathematics and Artificial Intelligence Colloquium

The Sustainability Scholars Summer Program offers graduate students 10-week paid summer fellowships in January 31, 2021

Heterogeneous Media.

Hear Carnegie Mellon University's Irene Fonseca discuss Geometric Flows and Phase Transitions in January 29, 2021 | 10 a.m.

Center for Mathematics and Artificial Intelligence Colloquium

The Sustainability Scholars Summer Program offers graduate students 10-week paid summer fellowships in January 31, 2021

Heterogeneous Media.

Hear Carnegie Mellon University's Irene Fonseca discuss Geometric Flows and Phase Transitions in January 29, 2021 | 10 a.m.

Center for Mathematics and Artificial Intelligence Colloquium

The Sustainability Scholars Summer Program offers graduate students 10-week paid summer fellowships in January 31, 2021

Heterogeneous Media.

Hear Carnegie Mellon University's Irene Fonseca discuss Geometric Flows and Phase Transitions in January 29, 2021 | 10 a.m.

Center for Mathematics and Artificial Intelligence Colloquium

The Sustainability Scholars Summer Program offers graduate students 10-week paid summer fellowships in January 31, 2021

Heterogeneous Media.

Hear Carnegie Mellon University's Irene Fonseca discuss Geometric Flows and Phase Transitions in January 29, 2021 | 10 a.m.

Center for Mathematics and Artificial Intelligence Colloquium

The Sustainability Scholars Summer Program offers graduate students 10-week paid summer fellowships in January 31, 2021

Heterogeneous Media.

Hear Carnegie Mellon University's Irene Fonseca discuss Geometric Flows and Phase Transitions in January 29, 2021 | 10 a.m.

Center for Mathematics and Artificial Intelligence Colloquium

The Sustainability Scholars Summer Program offers graduate students 10-week paid summer fellowships in January 31, 2021

Heterogeneous Media.

Hear Carnegie Mellon University's Irene Fonseca discuss Geometric Flows and Phase Transitions in January 29, 2021 | 10 a.m.

Center for Mathematics and Artificial Intelligence Colloquium

The Sustainability Scholars Summer Program offers graduate students 10-week paid summer fellowships in January 31, 2021

Heterogeneous Media.

Hear Carnegie Mellon University's Irene Fonseca discuss Geometric Flows and Phase Transitions in January 29, 2021 | 10 a.m.

Center for Mathematics and Artificial Intelligence Colloquium

The Sustainability Scholars Summer Program offers graduate students 10-week paid summer fellowships in January 31, 2021

Heterogeneous Media.

Hear Carnegie Mellon University's Irene Fonseca discuss Geometric Flows and Phase Transitions in January 29, 2021 | 10 a.m.

Center for Mathematics and Artificial Intelligence Colloquium

The Sustainability Scholars Summer Program offers graduate students 10-week paid summer fellowships in January 31, 2021

Heterogeneous Media.

Hear Carnegie Mellon University's Irene Fonseca discuss Geometric Flows and Phase Transitions in January 29, 2021 | 10 a.m.

Center for Mathematics and Artificial Intelligence Colloquium

The Sustainability Scholars Summer Program offers graduate students 10-week paid summer fellowships in January 31, 2021

Heterogeneous Media.

Hear Carnegie Mellon University's Irene Fonseca discuss Geometric Flows and Phase Transitions in January 29, 2021 | 10 a.m.

Center for Mathematics and Artificial Intelligence Colloquium

The Sustainability Scholars Summer Program offers graduate students 10-week paid summer fellowships in January 31, 2021

Heterogeneous Media.

Hear Carnegie Mellon University's Irene Fonseca discuss Geometric Flows and Phase Transitions in January 29, 2021 | 10 a.m.

Center for Mathematics and Artificial Intelligence Colloquium

The Sustainability Scholars Summer Program offers graduate students 10-week paid summer fellowships in January 31, 2021

Heterogeneous Media.

Hear Carnegie Mellon University's Irene Fonseca discuss Geometric Flows and Phase Transitions in January 29, 2021 | 10 a.m.

Center for Mathematics and Artificial Intelligence Colloquium

The Sustainability Scholars Summer Program offers graduate students 10-week paid summer fellowships in January 31, 2021

Heterogeneous Media.

Hear Carnegie Mellon University's Irene Fonseca discuss Geometric Flows and Phase Transitions in January 29, 2021 | 10 a.m.

Center for Mathematics and Artificial Intelligence Colloquium

The Sustainability Scholars Summer Program offers graduate students 10-week paid summer fellowships in January 31, 2021

Heterogeneous Media.

Hear Carnegie Mellon University's Irene Fonseca discuss Geometric Flows and Phase Transitions in January 29, 2021 | 10 a.m.

Center for Mathematics and Artificial Intelligence Colloquium

The Sustainability Scholars Summer Program offers graduate students 10-week paid summer fellowships in January 31, 2021

Heterogeneous Media.

Hear Carnegie Mellon University's Irene Fonseca discuss Geometric Flows and Phase Transitions in January 29, 2021 | 10 a.m.

Center for Mathematics and Artificial Intelligence Colloquium

The Sustainability Scholars Summer Program offers graduate students 10-week paid summer fellowships in January 31, 2021

Heterogeneous Media.