A Message From the Dean

FERNANDO M. WHALLEY-WILHELM

Date of Issue

February 4, 2021 | 6:45 to 9 p.m.

Economics

Galileo Science Cafe: Toward a Model of Interpersonal Trust Drawn from Neuroscience, Psychology, and Heterogeneous Media.

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

Global Sustainability Organizations. Please share this opportunity with your students.

The Sustainability Scholars Summer Program offers graduate students 10-week paid summer fellowships in terrestrial and aquatic ecosystems.

January 29, 2021 | 10 a.m.

Center for Mathematics and Artificial Intelligence Colloquium

Hear Carnegie Mellon University's Irene Fonseca discuss Geometric Flows and Phase Transitions in Heterogeneous Media.

Wednesday, January 27, 2021

The Mason Community

By Colleen Kearney Rich

We have the tools we need to make that happen. Mason scientists investigate COVID-19 therapeutics.

By Elizabeth Grisham

Mason's COVID-19 safety protocols helped keep our university learning environment one of the safest in the nation (thank you to all who did their part to make that happen). We know that COVID-19 can be deadly (my sincere condolences to you who have had to face tragic losses of friends and family over the past year); we know an online format of virtual learning can occur (these are not new challenges to Mason faculty and staff); we know that making physical and mental health a priority is an ongoing concern that we will need mental strength and enthusiasm to tackle what lies before us.

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

1. Nutrition is critical to health. Eating a balanced diet can help support the immune system and your overall health.

2. Regular exercise is important for maintaining physical health. Exercise can help reduce stress and improve mental health.

3.充足睡眠 is essential for overall health. Sleep helps the body recover and repair itself.

4. Mental well-being is just as important as physical health. Engaging in activities that promote mental health, such as meditation or therapy, can help you stay healthy.

5. Social connections are vital for both physical and mental health. Staying connected to friends and family can help reduce stress and improve mood.

6. In times of uncertainty, such as the current pandemic, it can be helpful to practice mindfulness or other stress-reduction techniques.

7. Prioritize self-care. Taking time for yourself and doing things you enjoy can help you stay healthy and happy.

8. Stay informed about health information and guidelines. The World Health Organization (WHO) and other reputable sources can provide valuable information.

9. Stay connected to support networks. Reach out to friends, family, or support groups when you need help or just want to talk.

10. Seek professional help if needed. Mental health professionals can provide valuable support and guidance.

In the News

We're in the News

Research & Discovery

In This Issue

- Full story
- Full report
- Message from the Dean
- Happening at Mason
- News from the College of Science