

**From:** [PHELPSHR](#)  
**To:** [PMHC EMail Community](#)  
**Subject:** Tranquility Tent is Now Open!  
**Date:** Monday, May 04, 2020 12:20:13 PM  
**Attachments:** [Tranquility Tent.pdf](#)  
[image001.png](#)

---

***Sent on behalf of Eileen Egan***

Dear Phelps Team,

Your collective response to the COVID-19 outbreak has been nothing short of heroic. With remarkable courage, you have stepped in without hesitation to care for our patients. While tremendous progress has been made, we know the community we care for is still in great need. As we continue in our response to COVID-19, we remain committed to stepping up our efforts to care for you, our healthcare heroes.

The Tranquility Tent is a space where you can go to unwind, relax and refuel. It is located outside of the MRI entrance. This space is a place for you to learn about the many well-being resources we have available to support you during this time. In the tent you'll find:

- Team Lavender information.
- Wellness guide and resources – need a meditation guide or a stretching exercise to keep you going throughout your shifts? We have QR's codes with access to videos and resources to keep you refreshed and motivated.
- Emotional Support Resource Center – need to schedule time to chat with one of our chaplains or connect with one of our behavioral health specialists? We have information to get you the support you need.
- Gratitude Garden & Messages of Hope Board – take a moment to reflect on what you're grateful for during this time of so much uncertainty, or provide a message of hope for team members at the tent who may need a bit of light added to their day
- Color by Numbers Art Installation – they say focusing on 5 minutes of art a day can make you feel more relaxed. This installation will give you the opportunity to 'leave your mark' on a time where you're making such a lasting impact.

Beginning on Tuesday there will be two shift staffed by wellness liaisons, chaplains and social workers. Please share this news with your team/peers and encourage them to stop by the tent, so they continue to receive the support they need. If you have any questions or feedback, please contact Lori Perlett at [lperlett@northwell.edu](mailto:lperlett@northwell.edu).

Please see below and/or attached flyer for dates and times.

Thank you and be well,  
Eileen Egan,  
Interim Executive Director

# Tranquility Tent



Please visit the Tranquility Tent, a place for you to learn about the many well-being resources we have available to support you during this time.

Location: Outside MRI Entrance

Hours Week of May 4-8:

Monday, May 4th: 11:30 am – 5pm

Tuesday, May 5th – Friday, May 8th:

11:30 am – 2pm & 6-8 pm