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Taking Care of Yourself and Others

Feeling stressed? You’re not alone. Rates of anxiety, depression, and burnout have soared in recent years. Look after yourself by getting enough sleep, eating sensibly, staying active, and remembering to breathe mindfully. To learn more about a breathing technique called cyclic sighing, watch this short animated video directed by Maya Adam, MD. Watch the video >

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We appreciate our continuity of support in many ways, including our ongoing work related to the pandemic. There are various ways you can continue to help in areas of critical need, from blood and plasma donations to improving vaccination awareness.

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  Find the nearest donation site near you that has a blood drive. Learn more >

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  Stanford researchers are working to understand the diverse views regarding COVID-19 vaccination. We encourage you to help us by completing this one-time COVID-19 Vaccine Views Survey.

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• Participate in COVID-19 research
  Our Research Registry connects people like you with teams conducting research to make advances in health care. If you are eligible for a study, researchers may contact you to provide additional details on how to participate.

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Leaders discuss AI, equity, aging, and cancer at first Big Ideas in Medicine conference

On-Demand Events

Watch renowned experts and rising stars from across Stanford, including Lloyd Minor, MD, dean of the Stanford University School of Medicine and vice president for medical affairs at Stanford University, and Stanford Health Care President and CEO David E. Entwistle, and get an inside look into the dramatic breakthroughs, taking place in labs and clinics throughout Stanford. Watch the videos >

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