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May 23, 2022

This week...

- *RSC Closed on Memorial Day*
 - *RSC User Advisory Committee Meeting*
 - *Upcoming RSC Workshops*
 - *May is Mental Health Awareness Month*
 - *Lab-Buddy Safety System for RSC After-Hours Work*
 - *Did you know?*
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RSC Closed on Memorial Day

RSC facilities will be closed on Monday, May 30th, Memorial Day. Authorized users with after-hours access may use the facilities from 8:00 a.m. to 8:00 p.m. using the Lab-Buddy safety system throughout the day.

RSC User Advisory Committee Meeting

The next meeting is this Thursday, May 26 at Noon – 115 NRF

Upcoming RSC Workshops

Workshops on Thin Film Deposition and Plasma Etching are being prepared. Stay Tuned!

May is Mental Health Awareness Month:

Some suggestions to promote mental health:

- Eat 2-3 well-balanced meals per day.
 - Engage in physical activities for at least 30 minutes a day.
 - Engage in positive thoughts and conversations.
 - Practice mindfulness or meditation on a daily basis.
 - Learn how to manage your stress.
 - Stay present in your daily relationships.
 - Avoid “screen time” and engage in more “in person time”.
 - Take time for yourself every day.
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Lab-Buddy Safety System for RSC After-Hours (5:00 – 8:00 PM) work and weekends: **It is required!**

- Please use the after-hours RSC Lab-Buddy/E-Buddy Safety System. Details can be found at <https://rsc.aux.eng.ufl.edu/safety/ebuddy.asp>
 - Cleanroom use (no Acid Benches) is now allowed on weekends (8:00 AM – 8:00 PM)
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Did you know...?

- There will not be brown bag webinars during the Summer.
 - You should not bring any food or beverages into the labs.
 - You can join the RSC Users' Teams by clicking on the **Microsoft Teams** icon at the top of the Weekly Update and the RSC homepage.
 - You can request to meet with RSC Staff in person or online through this link. It can be also accessed on the orange tabs on the RSC home page.
 - You can submit an anonymous tip/note to RSC Staff.
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