Well-being During 2020

Newsletter Transition

In response to all that has taken place this year, we are transitioning from providing a "Well-being During COVID-19" to a "Well-being During 2020" newsletter to provide more encompassing resources beyond COVID-19. If you have suggestions for resource topics, contact us.

Please continue to take care of yourselves and your loved ones.

Be well, stay safe and hopeful,
Lesely Lundeen, Evelyn Cordero and Maudell Gaines
Office of Well-being

Well-being Tips and Resources

- **7 Ways to Stay Alert and Productive Throughout the Day, Even With Brain Fog**
- Learn how to fight stress with healthy habits.
- Learn about IntelliCare, a suite of apps to help address mental health, developed by the University's Center for Behavioral Intervention Technologies.
- If you have trouble sleeping, try incorporating yoga poses as part of your bedtime routine.
- Set aside 15 minutes each weekday for a well-being break and join us for Your Daily 15; 15 minute guided movement and meditation classes.
- Try a virtual 5k; you can walk, jog or run. Invite others to participate and race at the same time, go at your own pace and celebrate virtually after!
- Ask some of these questions to increase closeness to your family and friends and learn new things about them.
- We've mentioned this before and want to remind you to take your lunch break. Doing so allows time to reset and contributes to productivity in the long run.
- Check out these COVID-19 Resources for Individuals and Families in Illinois.
- If you're engaging in activism, be sure to practice self-care too to help replenish yourself.
- Access anti-racist resources from Greater Good ranging from psychological roots of racism, how to overcome bias, resources for parents and more.
- **Five Lessons to Remember When Lockdown Ends**
Thank a Northwestern Essential Employee or Department

Take a few minutes to share your gratitude for fellow NU essential employee or department. Your note of thanks will be compiled into a document and be shared with all of the thanked employees and departments, as well as featured in our next Well-being During 2020 newsletter.

Financial Resources

- Coronavirus and Your Financial Health: A Guide with answers, tips, and advice for staying financially well during the COVID-19 pandemic
- Dealing with Debt
- Financial Wellness: How Your Employee Assistance Program Can Help (Username: northwestern, Password: eap)
- Identity Theft Protection Services
- Where To Get Financial Help During The COVID-19 Crisis

Caregivers

Parents

- 13 Children's Books About Race and Diversity
- Care.com Summer 2020 resource guide for parents and caregivers
- Check out the Equal Parts podcast, a podcast for working parents
- How Can I Stay Positive for My Kids When I'm So Overwhelmed?
- How To Talk To Tweens And Teens About Racism
Senior & Adult Caregivers

- **4 Tips for Balancing Caregiving with a Career**
- **6 Benefits of Journaling for Caregivers**
- **You Don’t Have to Go It Alone: 5 Ways Senior Care Solutions can Help During COVID-19**
- Schedule a [Senior Care Planning telephone consultation](#). Call 1-855-781-1303 Ext. 3 to get started. Consulti are free, unlimited and available to employees, those who are being cared for and other family members.

Workplace Tips

- **How to Collaborate Effectively If Your Team Is Remote** (video)
- If you’re part of a large team, consider surveying team members to check-in and allow an opportunity for anonymous feedback to be provided.
- Once a week, take a few minutes to send a thank you email, IM, or text to a colleague.
- **Self-care Is the Best Fix for Work Stress**
- **Structure Your Work-From-Home Day With These Routines**
- Take a moment to celebrate completion of projects, whether on your own or as a team. We often forget to celebrate our accomplishments; let’s celebrate ourselves and others more often!

Humor
Join the Well-being Microsoft Teams!

We created a "Well-being" Microsoft Team. The intent is to provide a space where we can connect with one another. A tip, article, prompt, etc. will be shared daily. This is also a place where you can share what you’ve been doing to support your well-being and/or ask for suggestions.

Join Us

References or links in the provided resources to any other business or entity’s information, opinions, advice, services, or products do not constitute our endorsement or recommendation by Northwestern University. We are not responsible for the contents of any off-site web pages, companies or persons linked or referenced in the resources.

To reduce and avoid injury, you still want to check with your doctor before beginning any fitness program. By performing any fitness activities or exercises, you are performing them at your own risk. Your participation in an activity is voluntary and Northwestern University will not be responsible or liable for any injury or harm sustained. Thank you for understanding.

If you have any questions or concerns, please contact Evelyn Cordero, Well-being Specialist, at evelyn.cordero@northwestern.edu or 847-467-6246.