Well-being During 2020

Well-being Tips and Resources

- With the temperature increasing, it can be challenging to be active outdoors; try getting out early in the morning or later in the day to avoid the heat.
- When you are out in the sun, be sure to protect your skin.
- The next time you're feeling anxious or overwhelmed try the 4-7-8 breathing technique or take a self-compassion break.
- As states begin to slowly re-open and you begin venturing out, learn about what to consider before you go.
- Keeping physical distancing practices in tow, consider scheduling picnic dates to catch up with loved ones and friends; each person can bring snacks of their choice.
- With BBQ season in full swing, try incorporating some of these healthy BBQ tips.
- Whether you’re looking for an activity for yourself or child(ren), check out the virtual events at Lincoln Park Zoo.
- Join the Caring for Ourselves and Others As We Navigate Change staff dialogue series about Transformative Storytelling today at 3:30 p.m.
- Do you have an Emergency Health Profile? Your profile can be used to deliver critical information to 911 and first responders in an emergency.
- Reminder: Tax day is July 15

Thank You Essential Northwestern Employees!
The below notes of gratitude were written by fellow NU staff. Read all of the notes here. Thank you all for carrying out your invaluable work. We appreciate you!

**Thank you all essential departments**
Thank you for providing your time, energy and skills to support our students and the entire Northwestern community! Your work is very much appreciated and I am thankful for all that you do. I hope you are practicing self-care and staying safe, finding time to rest and be with your loved ones. Thank you!

**Thank you FSM IT Support**
On behalf of PM&R, we want to thank the members of the FSM IT support team. Our requests were all handled very efficiently, and quickly! With so many issues dealing with staff working remotely, our departmental needs were all swiftly taken care of. Great job and thank you!

**Thank you Reggie Lee**
Thank you for all your hard work leading your team and helping all of us get the things that we need to keep our research going, even during the closure. Going to the dock is always a delight and I really love all the guys that work there. Thank you for all the long days and the heroic efforts in coordinating with all of us scientists. And most of all thank you for your friendship!

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**EAP**

Our [Employee Assistance Program](#) has a variety of resources available to assist you and your household family members at anytime. Visit [www.eapwl.com](http://www.eapwl.com) (username: northwestern, password: eap) or call 855-547-1851 to access resources and services.

**Resources Spotlight**
- EAP services
- Back to the office - but not back to normal
- Coping with layoff survivor's guilt
- Death of an employee or an employee's loved one
- Parental Care Kit for children preK-9th grade

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**Anti-oppression Resources**

There are a myriad of resources available about anti-oppression, below are a few. If you have suggestions for additional resources to be shared in an upcoming newsletter, please contact us.

- What is anti-oppression?
- Anti-racism resources
- Guide to allyship
- LGBTQ+ Advocacy 101 from PFLAG
Caregivers

Parents
- 15 Summer Activities for Chicago Families to Enjoy While Social Distancing
- 10 Fun Activities for Kids With Special Needs During COVID-19
- How the Pandemic Can Teach Kids About Compassion
- Learn lessons from a parent who is "doing it all"
- Check out these summertime safety tips from BlueCross BlueShield IL
- Watch the "Talking to Kids About Racism" webinar hosted by Care.com

Senior & Adult Caregivers
- Four financial considerations when Mom or Dad moves in
- Access Fact and Tip sheets from the Family Caregiver Alliance
- Assess caregiver associated stress to help avoid burnout

Workplace Tips
- 7 Essential Tips for Working From Home During the Coronavirus Pandemic
- 9 Ways to Make Working From Home More Joyful
- When starting a meeting, take a moment to do a check-in and ask colleagues to rate how they're doing on a scale from 1-10; this can be done verbally or via chat.
- If you're remote make time to connect with your colleagues, even if for a few minutes; in lieu of a "water cooler" break, schedule 5 minutes to chat virtually.
- If you're on campus, connect with colleagues by scheduling time to go for a brief walk a couple of times a week.

Humor

When you try to keep your optimism after everything goes wrong

Join the Well-being Microsoft Team!
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 the Team

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 well-being@northwestern.edu