Well-being During 2020

Well-being Tips and Resources

- Be kind to yourself; stop beating yourself up for flaws and mistakes and write yourself a self-compassionate letter this week.
- Send a care package to a friend or loved one. Include a note, journal, aromatherapy oil, tea, snacks or anything you think they would enjoy!
- 5 helpful things to say to a friend whose anxiety is skyrocketing (and 3 to avoid).
- Check out these 10 tips to help make exercise a regular part of your day.
- Listen to the Northwestern Intersections podcast as NU alumni discuss a variety of topics from how to talk to kids with empathy, to pivoting in a pandemic and more!
- We've partnered with sustainNU to provide you with a Pause and Notice Nature calendar for the month of August. This is a great solo or family activity!
- Learn about recent coronavirus updates for the city of Chicago, including reduction in group fitness classes and indoor dining sizes.
- If you're feeling anxious as restrictions lift, you're not alone; learn about why you might feel this way and what you can do to help.
- Is a quarantine bubble right for you? Learn more, including how to set one up.
- IL vote by mail ballots are available; complete the online request form.

Note to Self

🌟 Your feelings are valid 🌟

You are allowed to enforce boundaries

🌟 You are capable of amazing things 🌟

🌟 You are enough 🌟

EAP Webinars

In addition to articles, assessments, podcasts, lifecoaching and free & confidential short-term counseling, our Employee Assistance Program also provides access to a variety of webinars. As a reminder EAP services are also available to your household family members. Visit www.eapwl.com (username: northwestern, password: eap) or call 855-547-1851 to access resources and services.

Webinars Spotlight

- Emotional Well-being in Times of Uncertainty: Coping with the Stress Related to COVID-19
- How to Stay Social and Upbeat During COVID-19
- Our Experience of Grief and Loss During COVID-19
- Working from Home: Overcome Barriers and Embrace the Change
Anti-oppression Resources

- Anti-racism resources
- Trans Lifeline: A trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive
- Bridging Difference Playbook: Learn research-based strategies to promote positive dialogue and understanding
- Equity resources from the YWCA
- When and how to respond to microaggressions
- Urge Congress to support immigrant and refugee communities in COVID-19 legislation

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Caregivers

Parents

- My kids have nothing to do this summer. Now what?
- Creating bubbles that work for families and kids
- Chicago Parent: Talking about race resources
- Helping kids and teens deal with grief
- A guide to self-care for parents
- Self-care for kids
Senior & Adult Caregivers

- 3 ways to prevent caregiver stress and burnout
- 10 tips for family caregivers
- Explore AgingCare's library of free senior care guides for practical tips, expert advice and access to resources to help you and your aging loved one
- Check out these caregiver tips and hacks, including tech hacks from AARP
- Attend the Care.com webinar Choosing Quality Senior Care Providers on Aug 4
- Taking care of YOU: Self-care for family caregivers

Self-Care for Caregiver Archetypes

Common Caregiver Problems
- Becoming problem-absorbers
- Burnout and compassion fatigue
- Unchecked dedication and poor boundaries
- Codependency Issues

Self-Care Ideas
- Learn to love yourself
- Set firm boundaries
- Employ critical thinking
- Express how you truly feel
- Search for inner peace
- Find your true purpose
- Find Balance

Workplace Tips

- Take daily micro-breaks: provide opportunities for movement and mental breaks.
- Engage in virtual professional development and register for an upcoming workshop facilitated by Learning and Organization Development.
- Learn how to brainstorm remotely.
- At your next virtual happy hour play colleague trivia: provide questions, ask for
• Submit your application and list 3 colleague's names as answers to choose from.
• Feeling burned out these days is common, read about red flags and burnout busters to help address burnout you may be experiencing.
• Use your earned vacation time and unplug; take email off your phone, silence notifications or employ other strategies. Taking time off can help you recharge.

Humor

me smiling at people under my mask thinking that they can see it

Let's Talk Well-being! 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