Announcement

Beginning this month, we will be sharing this newsletter once a month. Contact wellbeing@northwestern.edu with questions and/or newsletter suggestions.

Well-being Tips and Resources

- **10 ways to deal with loneliness that don’t involve zoom happy hours.**
- The next time you feel stressed, lonely or burned out turn to a trusted colleague or confidant to [talk about your feelings](#); doing so can help you feel better.
- University Chaplains are available to talk confidentially with anyone, of any or no religious affiliation, during times of crisis who would benefit from a listening ear.
- Did you know [journaling can help reduce stress and boost your immune system](#)? If journaling is new to you, try using [one of these prompts](#) to help you get started.
- Help keep your immune system strong by eating nutrient dense foods; visit Start Simple with MyPlate for tips and resources for [individuals and families](#).
- Check out these [healthy 3-ingredient dinner ideas](#) for when that's all you can handle.
- Sitting for long periods of time can cause muscles to become tight, reducing mobility and causing aches. To combat this, try [doing some of these stretches daily](#).
- When you find yourself feeling burned out, be active for 5 minutes; doing so can increase well-being, decrease psychological distress and emotional exhaustion.
- Learn about BCBSIL COVID-19 resources.
- Access [tips from the CDC about how to protect yourself when using transportation](#).
- Create community and social connections by [joining an NU Staff Affinity Group](#).

Try repeating the above affirmation today [Learn about the benefits of affirmations](#).
EAP Resources

Our Employee Assistance Program has a variety of resources available to assist you and your household family members at anytime, including free and confidential short-term counseling. Visit www.eapwl.com (username: northwestern, password: eap) or call 855-547-1851 to access resources and services.

Resources Spotlight
- Topical seminars and recorded webinars
- Learn how to request a webinar for your department; you can request a topic listed in the above link or choose from the 2020 catalog
- Support dealing with traumatic events
- Conversations about race: Tips for creating a constructive dialogue where all feel safe and heard
- Parenting during COVID-19 resources: Back to school

Anti-oppression Resources
- 8 keys to bridging our differences
- Anti-oppression principles from the Center for Story-based Strategy
- Anti-oppression terms list from the National Council of Jewish Women
- Join the NAACP 2020 Virtual March on Washington
- Human Rights Campaign: An organization that envisions a world where every member of the LGBTQ family has the freedom to live their truth without fear, and with equality under the law.

Caregivers

Parents
- 22 Remote Learning Tips For Parents Helping At Home
- Age-Based Tips to Help Juggle Parenting & Working at Home During COVID-19
- Help Students Process COVID-19 Emotions With This Lesson Plan
- Learn about parents’ "alone time tricks"
- Teens are feeling lonely and anxious in isolation. Here’s how parents can help.
- High Schoolers Across the Country Are Seeking ‘Teenager Therapy’
- Tips to Practice Self-Care as a Family

Senior & Adult Caregivers
- 12 engaging activities for seniors with dementia: Reduce agitation and boost mood
- Access financial and legal resources from DailyCaring
- Connect to Caregiver Action Network to connect anonymously with other family caregivers, read caregiver’s stories or share your story to help others and more!
Workplace Tips

- **3 ways to refresh your workspace to be more productive at home.**
- **Enlist ground rules for meetings,** if you aren't already doing so.
- **How to prepare yourself for a return to the office.**
- If you've taken on more responsibilities during the past few months, be sure to update and include those duties or skill sets on your LinkedIn profile.
- **Learn about windowed work:** it can help improve productivity and job satisfaction. It's also a good work strategy for parents and caregivers.
- Try practicing **team mindfulness** at your meetings next month to become more self-aware, less judgmental and accepting of your team.

![Compliments Card](image)

Share a compliment with a colleague today

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Just for Fun
Join our Well-being Community!

We've 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.

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