|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| |  |  | | --- | --- | | RESOURCES FOR SUPPORTING FACULTY WELLBEING | | | **“**[**You are not working from home; you are at your home during a crisis trying to work**](https://twitter.com/neilmwebb/status/1245012958415073282?s=20)**.”**  [(***Supporting Faculty and One Another: A Message from Kiernan Mathews)***](https://coache.gse.harvard.edu/news/supporting-one-another-message-kiernan-mathews) | **Working from Home:**   * From Michigan State University: [Resources to to maintain work life balance when working from home](https://docs.google.com/spreadsheets/d/1sUO2YLqhPSBObaBZzxIRcg2Rjs6tc0ABRpWksKYrPEU/edit?usp=sharing) * From: Psychology Today: [5 Tips for working from home](https://www.psychologytoday.com/us/blog/digital-leaders/202003/5-tips-working-home-amid-covid-19)   **Mental Health and Wellness:**   * As part of the EAP, ComPsych offers confidential counseling, financial resources, legal support, work-life solutions and more guidance for our UNC Charlotte employees. For more information about this program, please visit the [Employee Assistance Program website](http://bm5150.com/t/l?ssid=35826&subscriber_id=bftgbeofxrofunzhxboznbyevenybea&delivery_id=bsfhshhhkzfhdxkvnbfmbfazbapbbaa&td=INt3CHZcOJLqNmM7wtXmoQO29xSfAfydNv7HMui0Q1PUulxDgyjDhpmAtoCzTyW_DTGT9RIvpH9ze52G55-AFWwC5W4SjYFqK4BBKRWpWgkMcMsF4H_mpilTyQj7dRxBqnX54y4Qz4RGlCCUpoCVLREavBNSLMqt2B0w3Qpn0QqONCRml5CxvNW8c06lojixD4-S4iaPP0LdC79j-0hVxdl3RzhGvShFn-ZrGOd2QtVNGoxFjoFhOspLx6WF33cBFOVu1MnWcutow). * NAMI (National Alliance on Mental Illness); helpline: 800-950-6264 or text NAMI TO 741741 * Online resources (check with insurance on reimbursement), Very Well Mind: <https://www.verywellmind.com/best-online-therapy-4691206>   Managing Stress: [Seven tips to manage your mental health and well-being during the COVID-19 outbreak](https://www.nature.com/articles/d41586-020-00933-5) in NatureFrom NYU: [Kinder Emailing](https://www.nyu.edu/content/nyu/en/employees/work-life/self-care/kinder-emailing.html)-Best practices to reduce stress and stay productive  * From University of Washington: [The Whole U](https://thewholeu.uw.edu/2020/03/19/show-support-stay-connected/)  Some tips from [Inside Higher Ed](https://www.insidehighered.com/advice/2020/03/19/how-faculty-members-can-best-cope-stresses-covid-19-opinion): Advice for Faculty Members in a Turbulent TimeFrom HERC: [Tips for higher education professionals working from home](https://www.hercjobs.org/tips-for-higher-education-professionals-working-from-home-during-coronavirus/). | |
| **Managing Stress:**   * **From Nature**: [Seven tips to manage your mental health and well-being during the COVID-19 outbreak](https://www.nature.com/articles/d41586-020-00933-5) * **From NYU:** [Kinder Emailing](https://www.nyu.edu/content/nyu/en/employees/work-life/self-care/kinder-emailing.html)-Best practices to reduce stress and stay productive * **From University of Washington**: [**The Whole U**](https://thewholeu.uw.edu/2020/03/19/show-support-stay-connected/) * Some tips from [**Inside Higher Ed**](https://www.insidehighered.com/advice/2020/03/19/how-faculty-members-can-best-cope-stresses-covid-19-opinion): Advice for Faculty Members in a Turbulent Time * **From HERC:** [Tips for higher education professionals working from home](https://www.hercjobs.org/tips-for-higher-education-professionals-working-from-home-during-coronavirus/)   **Meditation, Mindfulness and Self-Care:**   * **UREC at UNC Charlotte** will have virtual programming – find them on Instagram for information @UNCCUREC * **Free Workouts**: UNCC Health and Wellness site:  <https://myhealth.uncc.edu/upcoming-events> * **In partnership with UREC, Les Mills has created a streaming site with FREE access to over 100 workouts across 10 categories** **including offerings for the whole family.** Click [here](https://watch.lesmillsondemand.com/at-home-workouts) for workouts.   + Users will not need a Les Mills On Demand account to access the content   + Free content will be available for at least two months. This may be extended * **CAPS is offering FREE ACCESS TO DIGITAL YOGA CLASSES** until July 1st with the Down Dog app. Available for all students and teachers (k-12, college) [https://www.downdogapp.com](https://www.downdogapp.com/) * **Positive Psychology:** [list of 14 top mindfulness apps](https://positivepsychology.com/mindfulness-apps/) * **Local Workouts and Yoga:** * [**SweatNET**](https://sweatnet.com/streaming) - Free fitness, meditation and wellness streaming with code ‘STREAMFREE’ * Members and non-members can access a variety of [Virtual Y](https://www.ymcacharlotte.org/virtual-ymca) Classes to help manage stress and prevent illness   OVERALL Great Resource Guide for you and the community from [Equality NC](https://equalitync.org/news/coronavirus_pandemic_an_ongoing_list_of_resources/) |