

**Subject:** [Test]:Personal and Professional Support in Unprecedented Times  
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**From:** UVA FEAP  
**To:** Fuller, Susannah E (sem5b)



## Faculty & Employee **ASSISTANCE PROGRAM**

Whether you are weary from an unrelenting pandemic, or stressed about changes fall will bring, FEAP is here to support you. Through individual counseling, group chats that bring the community together, and webinars aimed to boost our personal and professional lives, we are available to address a wide variety of concerns. As always, FEAP services are free and confidential. We invite you to [watch our overview video](#) or [schedule a 1:1 appointment](#).

Yours in wellbeing,  
Beth Danehy, Director, FEAP

EXPLORE FEAP

### **TIP OF THE MONTH**

#### **THE POSITIVE IMPACT OF HELPING OTHERS**

Do you know that doing good also makes you feel good? There is plenty of research to demonstrate the positive impact that helping others has on our own mental and physical well-being. Read more to discover ways to incorporate altruism and kindness into your daily life.

TIP OF THE MONTH

## EVENTS

### **DO GOOD, FEEL GOOD: THE POSITIVE IMPACT OF HELPING OTHERS**

In this live webinar, we will discuss new research regarding the positive impact of altruism on life satisfaction, happiness, and social wellbeing, and learn how to incorporate altruism and kindness into your daily life.

[September 9, 12:00 pm and September 22, 3:30 pm](#)

VIEW ALL EVENTS

## UPDATED VIRTUAL RESOURCES

Many parents and children are facing uncharted waters this fall as they prepare for school to start remotely. FEAP has developed a new "For Parents" section on our COVID-19 Resources page dedicated to Remote School Resources & Advice.

COVID-19 Resources

Social Injustice Resources

### **UVA Faculty & Employee Assistance Program**

#### Contact Us

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