

Subject: [Test]:How to Boost Your Motivation, Connect with Parents, and more

Date: Tuesday, December 22, 2020 at 8:55:54 AM Eastern Standard Time

From: UVA FEAP

To: Fuller, Susannah E (sem5b)



Faculty & Employee ASSISTANCE PROGRAM

During this season in which we are accustomed to giving to others, FEAP invites you to consider yourself in addition to your family, friends, and colleagues. We are here to support you with tools and resources to attend to your own needs. We invite you to [explore our offerings](#) or [schedule a 1:1 appointment](#).

Yours in wellness,
Beth Danehy, Director, FEAP

EXPLORE FEAP

TIP OF THE MONTH

8 Top Self-Care Essentials for the Holidays

Crafting your self-care essentials for the holidays requires intentionality and self-compassion. Read our top tips on looking out for yourself so you feel better and have a chance to recharge.

READ MORE

EVENTS

Why Connection Matters

Why should parents maintain and create a sense of connection during the pandemic? Join FEAP, the UVA Dual Career Program, and other UVA parents for a virtual conversation to learn new strategies and resources, and to meet other parents and guardians. Spouses/partners of UVA employees and professional/graduate students are welcome to participate.

[January 7, 10:00 am](#)

Boost Your Motivation to Reduce COVID Energy Drain

Join this engaging webinar to learn some helpful tips from a positive psychology practitioner and a National Board Certified Health and Wellness coach. Hear our top tips pulled from these fields of study, FEAP classes, and experience coaching other individuals.

[Virtual seminar: January 17, 12:00 pm](#)

[Webinar: January 26, 3:30 pm](#)

21 Ways in 21 Days to Rest and Restore

The 21 Ways in 21 Days program is still available for your support through the holiday season. This flexible program offers you bite-size videos to restore yourself in the midst of a busy life.

[Register for access to the interactive calendar](#)

Connect for Support - Employee Focus

30 minute drop-in sessions discussing coping strategies and possible resources to help you during challenging times.

[Sessions occur weekly on Tuesdays](#)

Connect for Support - Manager Focus

30 minute drop-in sessions where you can check in with peers who share a similar experience and learn about new resources available to support you as you in turn support your team.

[Sessions occur weekly on Thursdays](#)

[VIEW ALL EVENTS](#)

COMMUNITY RESOURCE SERVICE

If you or your family are having a hard time meeting basic needs, the Employee Community Resource Service is here to help. This service connects members of the UVA community with local organizations who can assist with needs such as housing, clothing, utilities, and food, as well as assistance with personal budgeting and finance strategies.

[LEARN MORE ABOUT THIS SERVICE](#)

VIRTUAL SUPPORT RESOURCES

We have refreshed our virtual resources in support of social justice and COVID-19. You will find new articles, books, videos, and organizations to educate and inform yourself, and take action for your community or for your

own self-care.

COVID-19 RESOURCES

SOCIAL JUSTICE RESOURCES

UVA Faculty & Employee Assistance Program

Contact Us

434.243.2643

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Charlottesville, VA 22908

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