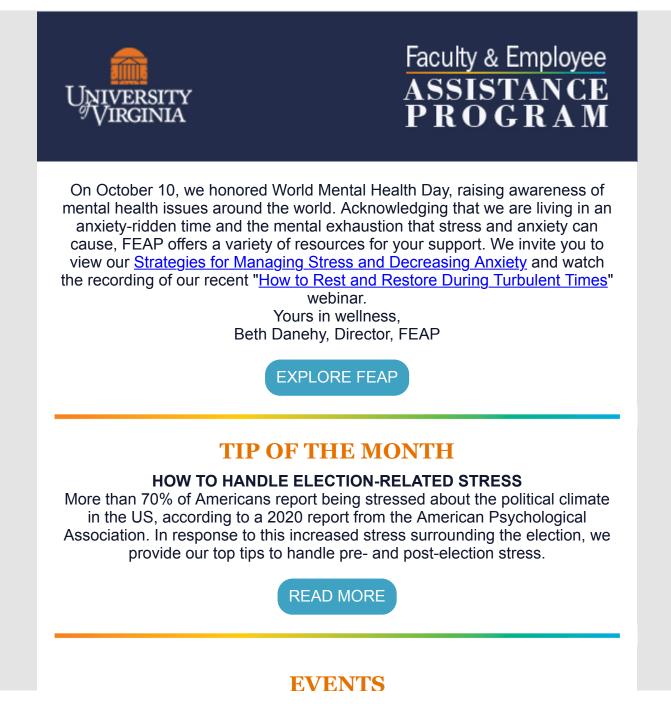
Subject: [Test]:Feeling stressed? FEAP can help

Date: Tuesday, December 22, 2020 at 8:55:56 AM Eastern Standard Time

From: UVA FEAP

To: Fuller, Susannah E (sem5b)



21 Ways in 21 Days to Rest and Restore

FEAP invites you to take care of yourself using a series of effective strategies to restore your own energy tank. Using our interactive calendar, you'll have a choice of activities that will help you to attend to your own needs every day. It isn't necessary to commit to a specific 21 days in succession; these activities are flexible and can be done as you choose.

Activities are available October 19 - November 30. Register for 21 Ways

Conquering Stress

Live webinar, October 27

Learning to manage stress is a life skill that can improve with practice. Join us in exercising your own stress management muscles! We will review a sequential model for evaluating our stressors and choosing the most appropriate stress management strategy. Learn tips and techniques, and share your experiences in managing stress.

Register for Conquering Stress

Providing Support to Someone Struggling with Substance Abuse

Live webinar, November 5 Learn strategies to support someone who may be struggling with substance use, while still maintaining your own emotional wellness. You will increase your knowledge and understanding of substance use as well as how to proactively support someone who may be struggling. <u>Register for Providing Support to Someone</u>

Recovery Ally Training

Live webinar, November 18

A Recovery Ally is an individual who supports those in recovery, advocates for recovering individuals, and educates themselves about the disease of addiction, societal stigma, and resources available. This introductory-level Recovery Ally training is designed to begin to increase our community's recovery capital on Grounds, decrease stigma, and grow intervention skills for staff members.

Register for Recovery Ally Training

Connect for Support for Employees

30 minute drop-in sessions discussing coping strategies and possible resources to help you during this challenging time. <u>Register for a session</u>

Connect for Support for Managers

30 minute drop-in sessions providing leaders with emotional support, resources, and strategies to help yourself while supporting your team during this challenging time. <u>Register for a session</u>



UVA Faculty & Employee Assistance Program

<u>Contact Us</u> 434.243.2643 1300 Jefferson Park Avenue Charlottesville, VA 22908

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