

**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)



## Faculty & Employee **ASSISTANCE PROGRAM**

On October 10, we honored World Mental Health Day, raising awareness of mental health issues around the world. Acknowledging that we are living in an anxiety-ridden time and the mental exhaustion that stress and anxiety can cause, FEAP offers a variety of resources for your support. We invite you to view our [Strategies for Managing Stress and Decreasing Anxiety](#) and watch the recording of our recent "[How to Rest and Restore During Turbulent Times](#)" webinar.

Yours in wellness,  
Beth Danehy, Director, FEAP

EXPLORE FEAP

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### TIP OF THE MONTH

#### HOW TO HANDLE ELECTION-RELATED STRESS

More than 70% of Americans report being stressed about the political climate in the US, according to a 2020 report from the American Psychological Association. In response to this increased stress surrounding the election, we provide our top tips to handle pre- and post-election stress.

READ MORE

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### EVENTS

## **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.

[Register for Providing Support to Someone](#)

## **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.

[Register for a session](#)

## **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.

[Register for a session](#)

VIEW ALL EVENTS

## UVA Faculty & Employee Assistance Program

Contact Us

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