

**Subject:** [Test]:Personalized Coaching, Restorative Offerings, and More for You

**Date:** Tuesday, December 22, 2020 at 8:50:36 AM Eastern Standard Time

**From:** UVA FEAP

**To:** Fuller, Susannah E (sem5b)



## Faculty & Employee ASSISTANCE PROGRAM

Our newsletter this month honors that September is National Suicide Prevention month. Mental Health awareness is particularly important in our current environment, as 41% of U.S. adults reported at least one symptom of a mental health condition since the pandemic started.

FEAP is here to support you and your adult family members during times of distress and uncertainty. FEAP services are free and confidential, and range from assessment, short term counseling, referrals, consultation, support groups, and education. We invite you to [explore our offerings](#) or [schedule a 1:1 appointment](#).

Yours in wellness,  
Beth Danehy, Director, FEAP

EXPLORE FEAP

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### TIP OF THE MONTH

#### Simple Ways You Can Play a Part in National Suicide Prevention

With a considerable increase in reported mental health impacts, it is important for all of us to take steps in creating a culture of support around mental health in our personal and professional lives. Read easy ways you as a colleague, leader, or manager can do this.

READ MORE

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### EVENTS

### **Parenting Support Group**

We invite you to join a recurring parenting support group beginning September 28 for a group of UVA employee parents. Employees from any division are welcome – UVA Health and the Academic Division. We will focus on parenting during the pandemic, acknowledging one another, and supporting one another in our coping and struggles.

[Details and registration](#)

### **6 Week Class to Reboot and Rejuvenate with Individual Health Coaching**

Reboot your health and well-being with our highly engaging 6 week Zoom class employing the best strategies from Health Coaching and Positive Psychology to help identify and meet your goals. While we will meet as a group for class, we will also offer free individual health coaching.

[Details and Registration](#)

### **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. Many people are so keenly tuned into others that their own needs are often overlooked. In a few brief minutes, this program will help and encourage you to attend to your own needs kindly 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.

**Webinar Kickoff: [October 8, 12 - 1pm](#)**

**Activities will be available October 19: [Register today](#)**

### **Conquering Stress**

Do you know that 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.

[October 14 and 27](#)

### **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 an Employee-focused 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 Manager-focused session](#)

[VIEW ALL EVENTS](#)

**UVA Faculty & Employee Assistance Program**

## Contact Us

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