Everyone’s mental and physical health has been impacted in one way or another because of the pandemic. As we move into summer, take some time to focus on your own self-care. Emory offers many resources to help you prioritize your own health:

**Emotional Well-being Resources**

The Faculty Staff Assistance Program offers the following programs:

**Well-being Check-ins**

Meet with an FSAP clinician to see how you are doing emotionally and identify strategies for enhancing your resilience and coping mechanisms. Develop an action plan to emotionally prepare for fall, whether you are already working on campus or will be returning to campus.

**Anxiety Toolbox**

Develop skills, techniques and practical strategies for reducing anxiety with this
three-session seminar designed to help you cope with day-to-day anxiety. Offered on a continuous basis.

**Behavioral Health Services**
Receive a confidential, comprehensive assessment for personal problems and work-related concerns that can impact your transition back to campus and overall performance. Currently offered through tele-mental health services. Appointments: 7:00 am – 6:00 pm, M-F. Evening hours: 6:00 pm – 8:00 pm, M-Th. To make an appointment, call 404-727-WELL (9355) or send an email.

Other FSAP programs include Mindfulness Meditation Practice, Weekly Refresh, Single Mingle, and more. Learn more about all of these FSAP services.

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**Health and Well-being Resources**
Healthy Emory provides many resources in the areas of physical activity and movement, healthy eating and weight, diabetes prevention, sleep management, stress and emotional health. There are also resources for managers for helping employees with some of the issues that have arisen due to the challenges of the pandemic. View Well-being Resources.

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This email series is being sent to all Emory University staff to help prepare for the fall return to campus. Look for future emails to include details about safety protocols, transportation and parking and other topics related to the return.