

March 20, 2020

During this global health crisis, and always, we want you to know that the health and wellness of you and your family are of utmost importance to us. The rapid and evolving impact of the COVID-19 pandemic has caused a major shift in the norm; however, we hope that sharing information that will slow the spread of this disease will change the trajectory in our favor. UAB Human Resources is committed to providing resources to help you take care of yourself and your family while we navigate this turbulent time together. We hope that by practicing “social distancing” and following proper hygiene guidelines, you will minimize your risk exposure.

Explore other helpful tips and resources below, and visit UAB HR's online toolkit of employee resources at go.uab.edu/covid19HRresources.



► [COVID-19 Prevention](#)

Prioritize Mental Health

Tips for managing your COVID-19 anxiety

During times of uncertainty, such as a public health crisis, it is common to feel elevated stress and worry. It's easy to become overwhelmed and confused, especially for those who routinely struggle with anxiety. The UAB Employee Assistance & Counseling Center recommends steps you can take to help manage the next few weeks:

- Keep abreast of what's happening — but only from trustworthy sources, such as the Centers for Disease Control (CDC), or your personal doctor. Some media, including social media, contribute to stress, worry and fear through sensationalism.
- Practice reasonable precautions: Wash your hands several times a day (especially after touching public items such as grocery carts or gas pump handles) and avoid crowds and unnecessary physical contact with others.
- Practice self-care: Eat a balanced diet, get plenty of sleep and engage in some form of physical activity. Good self-care boosts your immune system!
- Limit how much time you spend watching the news: It's important to know what's going on but obsessively monitoring information is not helpful and creates unnecessary anxiety.
- Practice mindfulness: Use breathing strategies such as 4-7-8 breathing or belly breathing to calm yourself and focus on being in this moment only. Visualize yourself in your happy place (beach, mountain top, lake) and try to engage your senses — what do you see, smell, hear, feel and taste?

For more tips on managing stress and anxiety, visit uab.edu/eacc.

myStrength provides UAB employees with tools on the go



The UAB Employee Assistance & Counseling Center has partnered with myStrength to provide free access to web and mobile tools designed to increase emotional health and wellbeing for UAB employees and members of their immediate households. myStrength features hundreds of resources on topics like stress management, depression, anxiety, chronic pain, parenting, substance use concerns and more. Visit [myStrength for UAB online](#) to get your free access code and instructions on getting started.

Navigating Market Volatility

Get guidance from TIAA to weather market ups and downs



During times of economic uncertainty, it's easy for even the most savvy investor to make rash decisions. Talking to a trusted professional can help keep you on the right path. On-campus appointments with consultants from UAB's voluntary retirement provider, TIAA, have been temporarily suspended but you can still get the help you need in evaluating your current and future goals. Schedule a meeting by phone with one of TIAA's UAB consultants — visit tiaa.org/schedulenow or call 1-800-732-8353, weekdays between 7 a.m. to 7 p.m. to make an appointment.

Working from Home

LinkedIn Learning sets remote employees up for success



Transitioning to UAB's limited business model can have unexpected difficulties. LinkedIn Learning offers courses to help you manage change and stay productive and motivated while working from home. Get started with "[Remote Working: Setting Yourself and Your Teams Up for Success](#)," a 16-part online learning path that will help you optimize remote work, learn to work effectively, adjust to changes in a remote work environment and stay connected virtually. Visit go.uab.edu/covid19HRresources and look under "Support for Remote Employees" for more courses. *Membership to LinkedIn Learning is free for all benefit-eligible UAB employees.*

thank
♡ YOU

UAB Human Resources extends its sincerest appreciation to all UAB employees — those adjusting to working from home and those maintaining critical on-campus roles. During this unprecedented public health crisis, your flexibility, service and dedication is what keeps UAB going strong.

Visit go.uab.edu/covid19HRresources for more resources for UAB employees. Visit uab.edu/coronavirus for the latest updates from UAB.