

DECEMBER 2018

Dear Curry Supervisors:

The Faculty Council and Curry Staff Advisory Committee are pleased to provide information and resources for supervisors. You will receive monthly emails that provide material addressing issues that you have indicated are important to you.

Today's Topic is: Faculty and Employee Wellness

Mental and emotional wellness are just as important to your overall health as physical and social wellness. The programs below help you to manage stress and other mental or emotional roadblocks. Even if you are not struggling, we highly recommend you look into our programs for support and growth.

Counseling Services

Most of the time we can handle life's difficulties on our own. But, at times, the problems may seem a little overwhelming, and we don't know where to turn. Asking for help is often difficult, but it is actually the first step in resolving the problem or finding effective ways to cope.

FEAP is available for individual consultation and short term, focused counseling for a variety of personal issues and common concerns.

The FEAP Consultants have advanced degrees, are licensed in the mental health field, and must have five or more years of post-graduate experience. The FEAP consultants are committed to providing a confidential, professional and thorough assessment, short term counseling, and follow up in our private and comfortable offices, by telephone or even through teleconferencing.

FEAP consultants are very familiar with the various resources in the community, and if there is the need for an outside referral, your FEAP consultant will recommend professionals that have expertise in your particular issue. FEAP will also work with you to ensure that you are getting the most cost effective resource possible.

Your FEAP consultant will also follow up with you to make sure that the referral met your needs and to offer any additional support that may be helpful.

FEAP maintains a network of national resources, and are able to provide information to an employee who may have a family member living in another area of the country.

It is easy to set up an appointment with a FEAP consultant. Contact FEAP at (434) 243-2643. Appointments generally last about an hour. Validated parking is available in the 11th Street parking structure.

[Alcohol and Other Drugs](#)

[Couples](#)

[Depression](#)

[Domestic Violence/Intimate Partner Violence](#)

[Parenting](#)

[Stress Management](#)

[Trauma Recovery](#)

Faculty and Employee Assistance Program (FEAP)

- Confidential professional counseling services to help cope with mental and emotional stress
- Free financial planning and legal consultations
- Open to all employees and their families
- Includes evaluation and treatment/referral process at no cost to the employee

Learn more about [FEAP](#).

Nourishing Resiliency (formerly Emotional Brain Training)

- Learn skills to help manage stress and live a healthy lifestyle
- Practice techniques to balance emotions
- Consists of orientation session and six weeks of class
- If you are a UVA Health Plan member, the only cost is the workbook
- [Nourishing Resiliency \(EBT\) flyer](#)

To learn more, contact UVA Nutrition (coordinator) at hwnutrition@virginia.edu or 434.243.4749.

Now is the time to: Consider how you will support your employees for personal time in the holidays ahead.

Tip of the Day: No Time for a Vacation? Take a Minibreak

Planning for a vacation can be exhausting, which is why shorter “minibreaks” are so useful. For example, taking a short trip, two to three days long, to somewhere local can help you relax without requiring a lot of planning or logistics. (A minibreak is also useful if a longer trip just isn’t practical for you right now.) These short breaks may not have all the benefits of a big vacation, when you can completely disconnect for a week or two, but they still give you the feeling of having “room to breathe” — and you can take them a lot more often. Adapted from “[How to Get the Most Out of a Day Off](#),” by Elizabeth Grace Saunders. Harvard Business Review