

Sent on Thursday, March 19, 3:13 p.m.
From: Faculty and Staff Senate Leadership
To: UofL Faculty, Staff
Message from Faculty Senate and Staff Senate Officers

Dear Colleagues,

We are just a few days into this unprecedented time in the University's history and Academia in general. We have learned about remote work and teaching within a period of a few short days. The world is changing by the hour and we are all probably struggling to keep up with these changes.

In addition to the uncertainty surrounding work, new methods of learning, and our unfailing commitment to our students, our faculty and our staff, we continue to grapple with questions and concerns in regards to our own personal health as well as the health and safety of our family and friends. As stress and anxiety may be on the rise, please take a moment to consider the following thoughts:

- If you are feeling a growing sense of anxiety, reach out to a colleague—we are ready and willing to listen and lean on each other
- Take advantage of the online resources to help understand changes and receive help with the technology. The COVID-19 website is an excellent website to bookmark and lists a variety of resources: <https://louisville.edu/campushealth/information/coronavirus>
- Stay in communication! Ask questions, express concerns, actively listen
- Check on your colleagues, family members and neighbors during these challenging times. The university's [Employee Assistance Program \(EAP\)](#) is available to all university employees and their immediate family members at no charge.
- Faculty, support staff who may be more tethered to campus than you are.
- Staff, support faculty who are trying to juggle new teaching experiences, conferences and work in the field falling through
- We are all dealing with new scenarios in our homes. Let's support each other

The Faculty and Staff Senates remain active and available to you. Please do not hesitate to reach out to any one of us, including your unit representatives. #onecardinalfamily

All our very Best,

Krista Wallace-Boaz and John Smith, Faculty and Staff Senate Chairs
Dave Simpson, Andrew Grubb, Rhonda Gilliland, Faculty and Staff Senate Vice-Chairs, Staff Senate Secretary & Treasurer