

WELL-BEING AND SUPPORT RESOURCES

Dear Colleagues,

Our community's response to the COVID-19 pandemic over the last week and a half has been phenomenal and I am tremendously grateful for everyone's flexibility, responsiveness and adaptability to maintain business and academic continuity.

As a school of public health, we are intimately aware of how physical distancing, the barrage of anxiety-inducing headlines and working remotely can have a significant impact on our mental health and well-being.

We understand that many faculty and staff are experiencing a heightened level of stress and anxiety. It's important for everyone to acknowledge that we are not going to be at our most productive under these conditions, which is understandable and to be expected. Keeping this in mind, we'd like to offer some practical suggestions and resources to support our community during this difficult time.

For parents experiencing childcare challenges or difficulty working remotely, we are flexible and supportive of people adjusting their schedules. I encourage folks to consider:

- Trying to find a work rhythm that can balance competing priorities, even if incrementally over the next little while;
- Trading off meeting attendance with a team member if both individuals invited to the same meeting may not need to attend;
- Exploring U of T's HR resources:
 - [Homewood Health Client Services Centre](#)
 - [Employee and Family Assistance Program](#)

I know our conscientious and industrious faculty will make every effort to stay productive and I appreciate these efforts.

I also encourage faculty and staff to be mindful of their own mental health by:

- Turning off and stop watching email, the news or social media;
- Ensure that you are taking time for family or loved ones (even if virtually);
- Engaging in exercise and relaxation, such as this daily mindfulness exercise recommended by Professor Blake Poland:
 - [A Mindful Society via Facebook Live](#), offered every morning at 10:00 a.m.
- Visiting U of T HR and external resources:
 - [Support and Advice for Employees During COVID-19](#)
 - [How to Support Employee Well-Being While Working Remotely](#)

- [CAMH's Mental Health and the COVID-19 Pandemic](#)

All of these “Staying Well” resources, as well as all COVID-19-related email and messages, are available on the [DLSPH website](#).

Finally, I encourage anyone having difficulties to reach out to me at any time to have a discussion.

The DLSPH community has come together to maintain academic excellence for our students and learners. Let’s continue to build a community of support to get through this difficult time.

Please stay safe, healthy and reach out if you need help.

Sincerely,
Steini