

Note to Self

Dr. Maya Angelou shows us the art of being human.

The Power of Our Words

This one act can boost your immunity and strengthen your mind and emotions.

The Ties that Bind

Kids feel the stress of the new norm as well. Here are some ways to relax together and lead by example when confronting life's challenges.

Put on Some Pants

Elizabeth Millard from Everyday Health offers a survival guide to help those who continue to work from home.



A Funny Truth

For those who have
lost track, today is
Blursday the
fortyteenth of
Maprilay.



Your Staff's Well-Being During COVID-19

It is difficult to help staff feel empowered to set aside time for self-care in addition to job responsibilities and family life. Iowa State University has a strategy, [Employee Action Plans](#), to encourage individuals and work teams to do just this. This game plan outlines specific methods to help employees prioritize their well-being. Iowa State also has a [Be Well Website](#) that offers ideas on how to actively engage in each plan of action.

They recommend that you meet your staff member where they are presently. Check in on employees to see what support they might need right now. Some may want more coworker interaction while others dread one more Zoom meeting. You can poll staff to measure if employees seek more work activities, opportunities, and events or ask employees for feedback on an individual basis during reviews or a routine employee call or meeting.

It is also important to support managers with resources and tools to assist them with guiding their staff. This can include a FAQ to help managers answer everyday questions that they are likely to be asked, a conversational guide to assist managers and employees with talking through remote work environments, a checklist to assist managers with understanding the signs that someone may be struggling, or a one-page sheet outlining all mental health resources available to staff. The key to management support is to think about and ask managers, supervisors, and team leaders what they need to effectively navigate their staff through the present crisis and how you can best assist the managers themselves during this process.



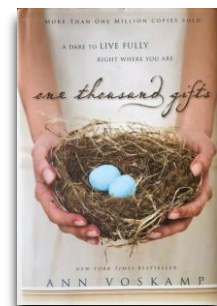
Some good recipes to help inspire us.....
[Let's Try Something New Tonight](#)

The Winner's Corner



Yasma Boga wins this month's self-care gift card!

Book Club



In *One Thousand Gifts*, Ann Voskamp shows you how to wake up to one thousand blessings.