

Resources for Loggers Rollin' Forward

Many of us have worked on campus throughout the pandemic, while others have been partially or entirely remote. Many of us who have been remote are anxious to get back to campus while others may be feeling differently. Here are some resource materials to assist all of us in as we return to in-person teaching and activities and as we prepare to welcome students to campus in August for the fall semester.

EAP – Employee Assistance Program – <https://www.pugetsound.edu/human-resources/benefits/wellness-benefits/employee-assistance-program-eap>

- Website: <https://www.guidanceresources.com/groWeb/login/login.xhtml>
- User name: **LFGsupport**
- Password: **LFGsupport1**

Perks at Work – Community Online Academy (COA)

Great videos available for stress and anxiety, including *Self-Help Anxiety Strategies* and *Worry Less, Live More: The Mindful Way Through Anxiety*.

Free live virtual classes every Thursday. (You may be asked to register for Perks at Work.)

<https://www.perksatwork.com/register/index/usource/orgshort/o/6073>

Articles

- *Leading Through Anxiety*
<https://hbr.org/2020/05/leading-through-anxiety>
- *Effectively Regulating Emotions as Employees Return to the Office*
<https://www.td.org/insights/effectively-regulating-emotions-as-employees-return-to-the-office>
- *Transitioning Back to Work Recognizing the Signs of Stress Anxiety and Fatigue*
<https://www.td.org/insights/transitioning-back-to-work-recognizing-the-signs-of-stress-anxiety-and-fatigue>
- *Some Remote Workers Not Comfortable Returning to Office*
<https://www.shrm.org/hr-today/news/hr-news/Pages/Remote-Workers-Not-Comfortable-Returning-to-Office.aspx>
- *The Thrive Guide to Managing Re-entry Anxiety: Seven tips for making your return to work less stressful*
<https://thriveworld.com/stories/tips-returning-to-work-office-re-entry-stress-anxiety-uncertainty/>
- *Prevent Burnout*
<https://www.workplacestrategiesformentalhealth.com/resources/prevent-burnout>