

Town Hall

Agenda 1:30-2:30

Welcome

Update from Leadership

Stories from the Field

Strategic focus

“Coping in a Time of Challenge”

Close

October 15, 2020

(Central share screen)

Mood Barometer

In chat, add one word: How would you describe your last week?



Participate

Note: Please use...

1. Chat for sharing:

1. “panelist” or

2. “panelist and everyone”

2. Q&A for questions

Vision & News

Updates from Leadership



ANR Updates

- The virtual tour is coming together!
 - 6 Regents signed up to participate with President Drake in November
 - Legislative staffers responding well to invite to a December tour
- Our supporters continue to showcase our efforts
 - Secretary for Agriculture and Secretary for Natural Resources
- PAC updates
 - We hear the President Drake enjoyed his 90 minutes with PAC members
 - Look forward to more opportunities to engage
 - Committees are well underway
 - Emerging Issues
 - Fundraising
 - Advocacy



ANR Updates

- Hispanic Heritage Month
 - Congratulations to Ricardo and team!
 - A model to follow for other months
- Good work going on all around the state
 - Long-standing impactful programs – trusted partners
 - Expanding CalFresh Healthy Living program
 - Thinking about how we can improve – build new relationships
 - New support from 11th Hour
 - Academics and staff working to identify other new opportunities
- Holidays are around the corner – give yourself a gift!

“Stories from the Field”

Dixieland 4-H
Madera County



Heather O'Neill - Volunteer Project Leader
Laurie Fringer
Russell Hill

“Story from the Field” Madera County – Dixieland 4-H



A Last Wish



This month's strategic feature

Coping in a Time of Challenge

Wellness & Coping



Family Care issues and resources - Bethanie

Coping – Rob Starkey

Wellness resources - Dave R.

Employee Support

Highlights of recent Family Care survey:
Seven months of working through the effects of COVID have left us all feeling overtaxed.

- Critical need for Wellness & Coping resources
- Easy access to resources currently available
- Additional support for workplace flexibility options

Employee Support - Brown Bag Sessions

Leave entitlements (Jodi)	Wed., 10/28,	12-12:30 pm
Coping tools and resources (Dave)	Wed., 11/4,	12-12:30 pm
Workplace flexibility (Bertha/ Jenn)	Wed., 11/11,	12-12:30 pm



A photograph of a natural rock arch in a desert landscape. The arch is made of reddish-brown sandstone and frames a view of a vast, hazy desert valley under a clear blue sky. The rock surface shows signs of weathering and erosion.

Coping in a Time of Challenge

Rob Starkey

Stress and Coping during COVID-19

Rob Starkey, Psy.D.

Academic and Staff Assistance Program

Agricultural and Natural Resources

University of California, Davis

Working from Home

- Keep a routine...Brush your teeth in the morning!
- Take breaks
- Set boundaries on your work hours
- If possible, set aside space for work that is separated from the rest of your house.
- Use video chat/Don't use video chat
- Be kind to yourself/revise expectations for yourself and others.

Working from Home with KIDS!

- Create a schedule for your kids.
- Be flexible as well.
- Be realistic on what you can accomplish
- Institute quiet time
- Be kind to yourself regarding screen time

Coping Tips

- Get social support
- Good self-care
- Take a newsbreak!
- Practice gratitude
- Utilize self-compassion

Developing Resilience

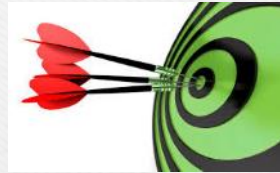
- Positivity



- Flexibility



- Focus



- Organization



- Proactiveness



- Healthy Routines



Academic & Staff Assistance Program (ASAP)

Academic & Staff Assistance Program (ASAP)

Free confidential counseling
Work-related and personal problems
Management consultation

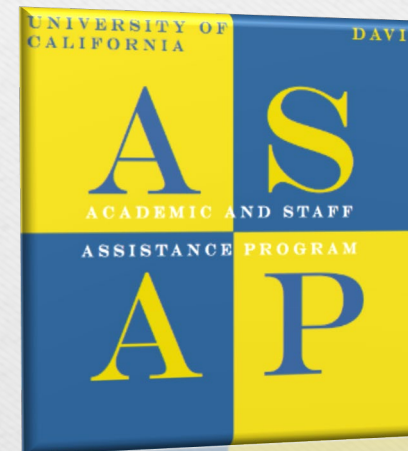
Contact ASAP: Sharon Ree

Slree@ucdavis.edu

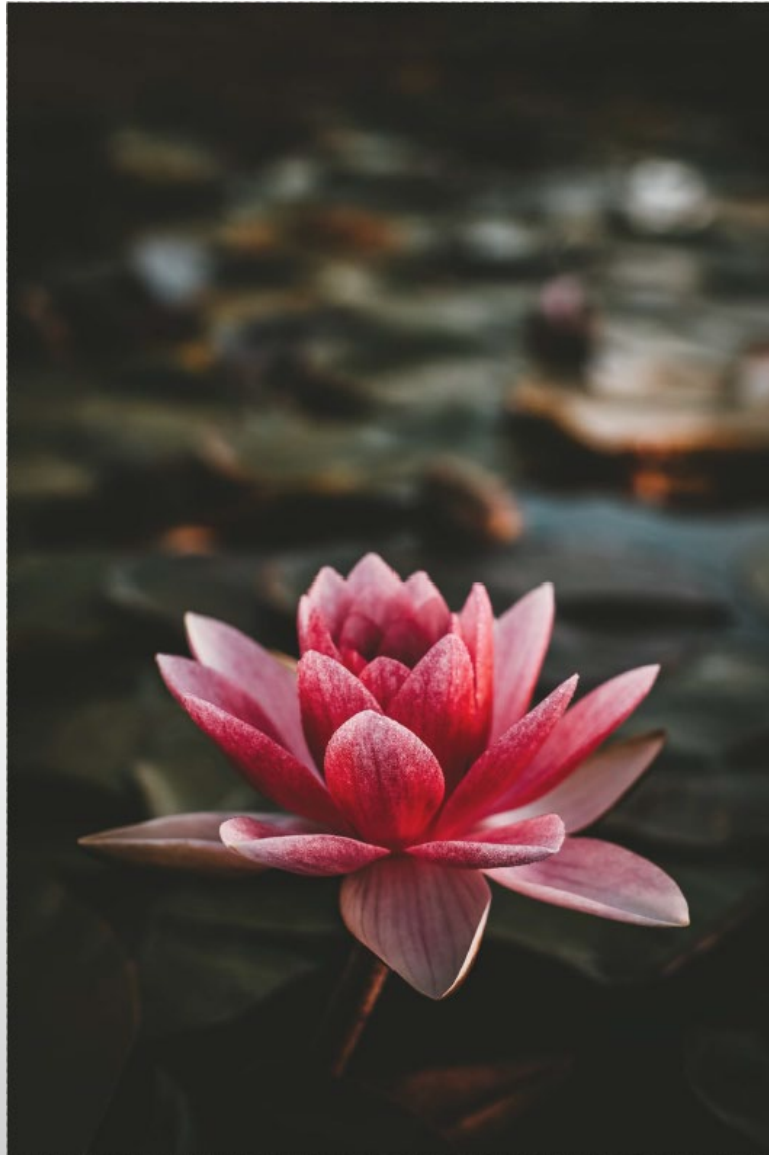
(530) 752-2727

Human Resources Website

<http://www.hr.ucdavis.edu/>



Wellness Resources



https://ucanr.edu/sites/anrstaff/Personnel_Benefits/Wellness/

A “gift of time” – the gift of a walk




**Thursday, October 15,
International ShakeOut Day**

Drop, Cover, Hold



**We nose what to do in
an earthquake - Do U?**



As you sign off, add to chat
“Was today’s session useful?”
And/or
“What else might you like?”

Stay safe & well

Next Town Hall
November 19, 2020