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

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
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

“UC ANR – Making a positive difference in the lives of All Californians”
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
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

<table>
<thead>
<tr>
<th>Topic</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Leave entitlements (Jodi)</td>
<td>Wed., 10/28, 12-12:30 pm</td>
<td></td>
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<tr>
<td>Coping tools and resources (Dave)</td>
<td>Wed., 11/4, 12-12:30 pm</td>
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<tr>
<td>Workplace flexibility (Bertha/ Jenn)</td>
<td>Wed., 11/11, 12-12:30 pm</td>
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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