June 11, 2020

SUBJECT: AgriLife Human Resources – Working Remotely, Together!

**AgriLife Employee Wellness**

*If you have an elder who requires assistance, yet does not live near you, helping out may seem difficult. By devising care strategies, developing emergency plans, and building a support system of family, friends, and local resources, your elder can have the care and attention he or she needs. E-Well is hosting a multi-part series on Elder Care, registration details are here:*

- **Caring from a Distance**: June 11, 1:30 pm
- **Understanding How Your Emotions Impact Interactions With Older Loved Ones**: June 18, 1:30 pm
- **When Someone You Love Has Alzheimer’s**: June 25, 1:30 pm

**Why You Need Routines Now More Than Ever**


**TED Talk**

*How You Can Use Imposter Syndrome To Your Benefit, Canon-Brookes, 13.4 minutes*

[https://www.ted.com/talks/mike_cannon_brookes_how_you_can_use_impostor_syndrome_to_your_be nefit?language=en](https://www.ted.com/talks/mike_cannon_brookes_how_you_can_use_impostor_syndrome_to_your_benefit?language=en)

**Viewpoint: Introverts and Extraverts in the Time of COVID-19**

*As we approach the transition of returning to the workplace, some tips on how to cope between working at home and the worksite.*


**GuidanceResources**

[www.guidanceresources.com](http://www.guidanceresources.com) / WEB ID: TAMUS / Phone 1-866-301-9623 (Active Employees) or AgriLife HR’s EAP webpage at [https://agrilifeas.tamu.edu/hr/about-us/eap/](https://agrilifeas.tamu.edu/hr/about-us/eap/)

First time users may wish to take the short site tour available on the home page.

**Tips For Wearing a Face Mask in Summer**


**Just For Fun**

*A List Of Live Virtual Concerts To Watch During The Coronavirus Shutdown*


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