



TEXAS A&M
AGRI LIFE

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

<https://blog.kevineikenberry.com/leadership-supervisory-skills/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_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.

<https://www.shrm.org/ResourcesAndTools/hr-topics/employee-relations/Pages/Viewpoint-Introverts-and-Extraverts-in-the-Time-of-COVID-19.aspx>

GuidanceResources

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/>

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

Tips For Wearing a Face Mask in Summer

<https://www.houstoniamag.com/style-and-shopping/2020/05/tips-for-wearing-a-face-mask-in-summer>

Just For Fun

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

<https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>

Questions: Contact Beverley Rose, at 979-458-3279 or barose@ag.tamu.edu

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