



June 18, 2020

TO: Texas A&M AgriLife

SUBJECT: AgriLife Human Resources – Working Remotely, Together!

AgriLife Employee Wellness

Tips to Prevent Food Poisoning When Dining Out or Ordering In

<https://olh-marketing-content.s3.amazonaws.com/WOTposterJune+2020.pdf>

Create Boundaries Between Home and Work—Even When You Work from Home

<https://www.shrm.org/ResourcesAndTools/hr-topics/employee-relations/Pages/Create-Boundaries-Between-Home-and-Work-Even-When-You-Work-from-Home>

TED Talk

Embracing Change, Jason Clarke, 18.03 mins.

https://www.youtube.com/watch?time_continue=1&v=vPhM8IxbSU&feature=emb_logo

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.

Dealing With the Vastness of Work, e3 Minutes for Life, 2.25 mins

<https://www.youtube.com/watch?v=qjI712yzN7Y&feature=youtu.be>

Thinking About Retirement?

AgriLife Benefits provides a list of resources <https://agrilifeas.tamu.edu/hr/benefits-retirement/> including a Retirement Guide, FAQs and a link to TAMU's virtual group information sessions, via Zoom, for pre-retirement information and Q&A <https://employees.tamu.edu/benefits/retirement/workshops/>

Just For Fun

15 Myers Briggs® Personality Type Charts of Fictional Characters

<https://www.adventureassoc.com/myers-briggs-personality-type-charts-of-fictional-characters/>

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

Texas A&M AgriLife Administrative Services | <http://agrilifeas.tamu.edu/>