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**

**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=vPhM8IxibSU&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

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