



To: Faculty and Staff
From: Brenda Gardels
Date: May 1, 2020
Subject: Assistance with Facing COVID19 Challenges

Hello everybody! I was on campus Monday and I miss seeing you guys! I continue to hope that you are all well and practicing all of the steps needed to reduce the transmission of this terrible virus. Like you, I have had some concerns and looked for ways to cope as I move through this difficult time. One tip I really like is every morning before I start working, I make a “gratitude list”. With all the information we are receiving through the news media, social networks, friend and families – it’s important to think of those things we are grateful for each day. For each of us that will be different. My list includes being thankful for family, friends, my animals and my coffee. The list can be whatever it is you want it to be because it’s your list. I’m sure many of you would have the same or similar times on your list.

How many of you have heard the new term “Pandemic Fatigue”? Who knew we would be where we are right now but pandemic fatigue or emotional fatigue is the result of experiencing a continuous stream of challenging emotions. That is exhausting and since we are hoping that the smart scientists in the world (and there are many) can find a cure, we are in a holding pattern of waiting. How many of you have said – what day (month) is it? I know I have. So I have a few resources for you if you find that you need assistance – emotional or financial.

Please find links below for two resources that can help provide confidential counseling and financial information and resources. The first resource link is to the Wesley EAP program, Compsyche. The other resource link is from Aetna where they can provide counseling, financial resources, telemedicine and other topics to assist. If you do not have Aetna as your health care provider, please reach out to your health insurance provider because they all are providing support at this difficult time.

<https://wesley.edu/wp-content/uploads/2020/04/Compsyche-EAP-Program-for-Wesley-Employees.pdf>
<https://wesley.edu/wp-content/uploads/2020/04/Aetna-Resources-during-the-COVID19-Crisis-2020.pdf>

Please contact the Human Resources Office if you have any questions or concerns. Miss you! 😊

Take care,

Brenda

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