



Faculty & Staff

Wellness Resource Guide

COVID-19/Coronavirus

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The following document was created to support your well-being. We are each different, yet we all also have so much in common. Though this is not an exhaustive list of all resources that can assist you through the COVID-19/Coronavirus situation, we hope that there is something here for everyone.

Links in this document will be monitored and updated as needed. The original document was created in April 2020. [Links in BLUE were updated in July 2020.](#) Be aware that most of the Additional Resources links will take you to websites outside of the Pacific University system. They are not endorsed by the university and are simply provided to showcase a range of accessible information. We encourage you to explore more wellness resources on your own as well.

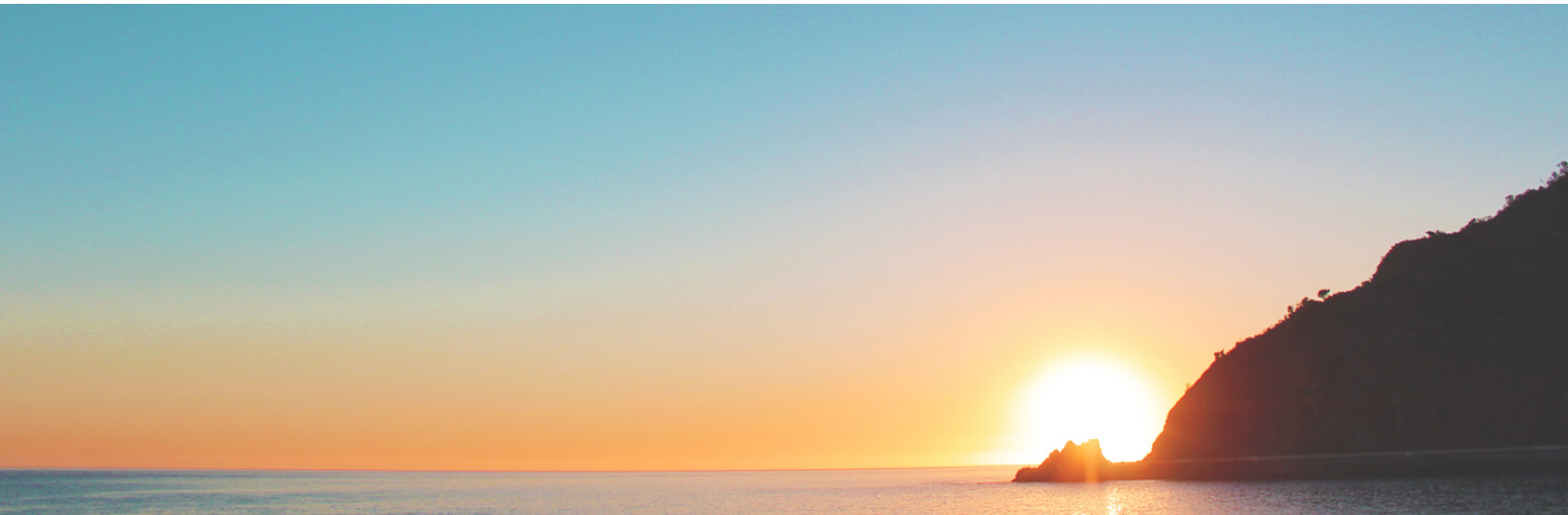
For ongoing updates on Faculty and Staff Wellness Resources, please visit and bookmark the Employee Wellness page at pacificu.edu/employeehealth.

Thank you for your efforts to build a strong community.
We are proud to partner with you - today and every day.

The Pacific University Human Resources Team
pacificu.edu/hr

Mental Health | I

Mental health influences feelings, thoughts, and behavior. It can also greatly affect physical health. Try to take steps every day to care for your mental health and to support the mental health of those around you.



ACCEPTANCE

It is normal to feel added stress or anxiety at this time. The circumstances are uncertain and unpredictable. Recognize and accept that this reaction is normal.

FOCUS

Focus on factors that you can control - get quality information from trusted sources, follow a regular routine, support your health, take time to relax, and stay connected to loved ones.

EDUCATION

Learn more about topics that concern you. Expert insight is often only an internet search away. Quality information can allow you to make informed decisions and better understand your options.

AWARENESS

Be willing to reach out for help if you or someone you know may be struggling with mental health. There are a number of resources available to gain professional mental health assistance.

REGULATE

Accurate and up-to-date information is valuable. Constantly checking the news throughout the day can degrade mental health. Set aside specific times to check reputable resources.

IMPLEMENT

Seek out and prioritize activities that support your mental health. Set aside time each day to engage in relaxation techniques and/or mindfulness exercises.

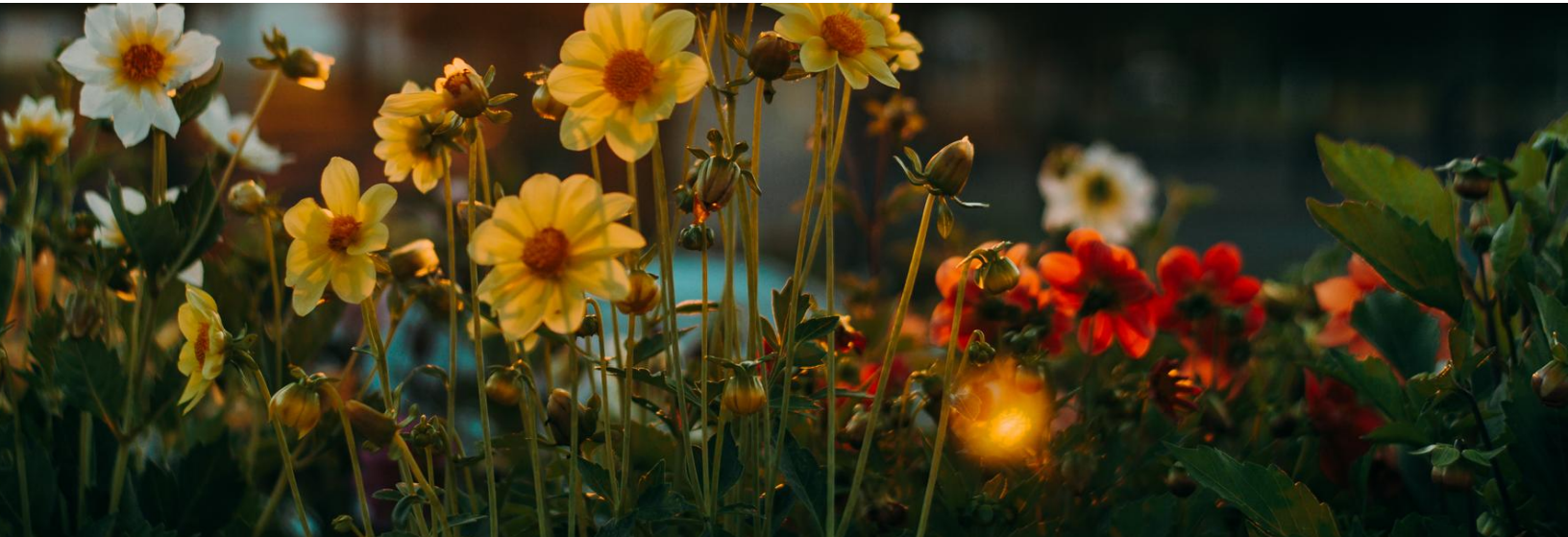
ADDITIONAL RESOURCES

[Mental Health America](#)
[National Alliance on Mental Illness - General Info](#)
[National Alliance on Mental Illness - Guide](#)
[National Council for Behavioral Health](#)

[American Psychological Association](#)
[American Foundation for Suicide Prevention](#)
[Anxiety and Depression Association of America](#)
[PsychHub](#)

Stress Reduction & Relaxation | 2

Taking consistent conscious action to de-stress and relax can help improve overall well-being.



DEEP BREATHING

Deep breathing can help reduce stress symptoms, clear the mind, and allow for greater focus. It also aids in decreasing rapid heart rate.

YOGA

Yoga movements can help engage the mind and body. The activity also supports relaxation, tension release, and increased calm.

DO WHAT YOU LOVE

If you have a go-to stress-relieving activity that supports your health and relaxes you, do it. Seeking calm isn't a one-size-fits-all quest.

VISUALIZATION

Your mind is powerful. When you imagine yourself in relaxing circumstances and environments, your body responds to your thoughts.

MEDITATION

There are varying types of meditation that can be used to support health, well-being, and relaxation. Meditation can also be utilized as a tool to increase overall wellness.

PROGRESSIVE MUSCLE RELAXATION

Focusing on tightening and relaxing muscles throughout the body can assist in a supporting mental and physical well-being.

ADDITIONAL RESOURCES

[Center for Healthy Minds](#)

[Stress Mgmt - USDHHS](#)

[Varied Guidance and Insight - VeryWellMind](#)

[Relaxation Techniques - Help Guide](#)

[Free Meditation Resources via the Awake Network](#)

[Psychology Today](#)

[Foundation for a Mindful Society](#)

[PositivePsychology.com](#)

[Coronavirus Anxiety Care Kit - Shine](#)

[Free Well-Being Courses - Coursera](#)

Physical Activity | 3

Regular physical activity supports wellness in a number of ways.



PHYSICAL HEALTH SUPPORT

Regular physical activity supports overall physical well-being. Movement can improve body conditioning and also help reduce the risk factors for some chronic illnesses.

MENTAL HEALTH SUPPORT

Studies show that physical activity can help reduce depression, boost mood, and minimize anxiety. Movement is something you can do outdoors; activity in nature is a proven de-stresser.

WEIGHT MANAGEMENT

Limiting activity outside the home can reduce overall movement. Dedicating time for physical activity at and around home can help support healthy weight management.

Physical Activity Can Also:

**INCREASE ENERGY
REDUCE STRESS
IMPROVE SLEEP
AID IN RELAXATION**

ADDITIONAL RESOURCES

[Beginner to Advanced Yoga - Yoga Journal](#)
[How Exercise Changes Your Brain - UC Berkeley](#)
[Free Workouts - Fitness Blender](#)
[Free Workout Resources - Darebee](#)

[Benefits of Regular Exercise - Mayo Clinic](#)
[List of Free Workout Apps - Lifehack](#)
[List of Free & Paid Online Workouts - EverydayHealth](#)
[125 Free Online Workouts - Parade](#)

Nutrition | 4

Quality nutrition choices support mental and physical wellness.



CHOOSE (MOSTLY) WHOLE FOODS

Whole, unprocessed foods best support your health and well-being. Quality nutrition is an important factor in digestion, energy levels, and the overall function of your body's processes.

PLAN AHEAD

It can be easier to make healthy food choices when you plan ahead or pre-make meals. Impulsive, convenient food choices often outweigh healthy ones when you're hungry, stressed, or hurried.

AIM FOR BALANCE

Making thoughtful meal choices that provide a healthy mixture of fats, proteins, and carbohydrates is a convenient way to gain needed nutrients to best support your overall well-being.

EATING AS A COPING MECHANISM

In times of stress, people often reach for food for comfort. "Comfort" foods tend to be highly processed, high in fat, high in sugar, or sometimes all three of those things. Eating these types of foods can not only lead to decreased overall health and well-being, but after the initial feelings of comfort, they may actually contribute to depressed mood, anxiousness, and low energy.

ESSENTIAL NUTRITION ELEMENTS

Protein | Fat
Carbohydrates

Vitamins | Minerals

ADDITIONAL RESOURCES

[Healthy Eating - USDA](#)

[Eating & Health - Academy of Nutrition & Dietetics](#)

[Healthy Eating - Help Guide](#)

[Work From Home Healthy Eating - Cleveland Clinic](#)

[Healthy Eating Plate - Harvard University](#)

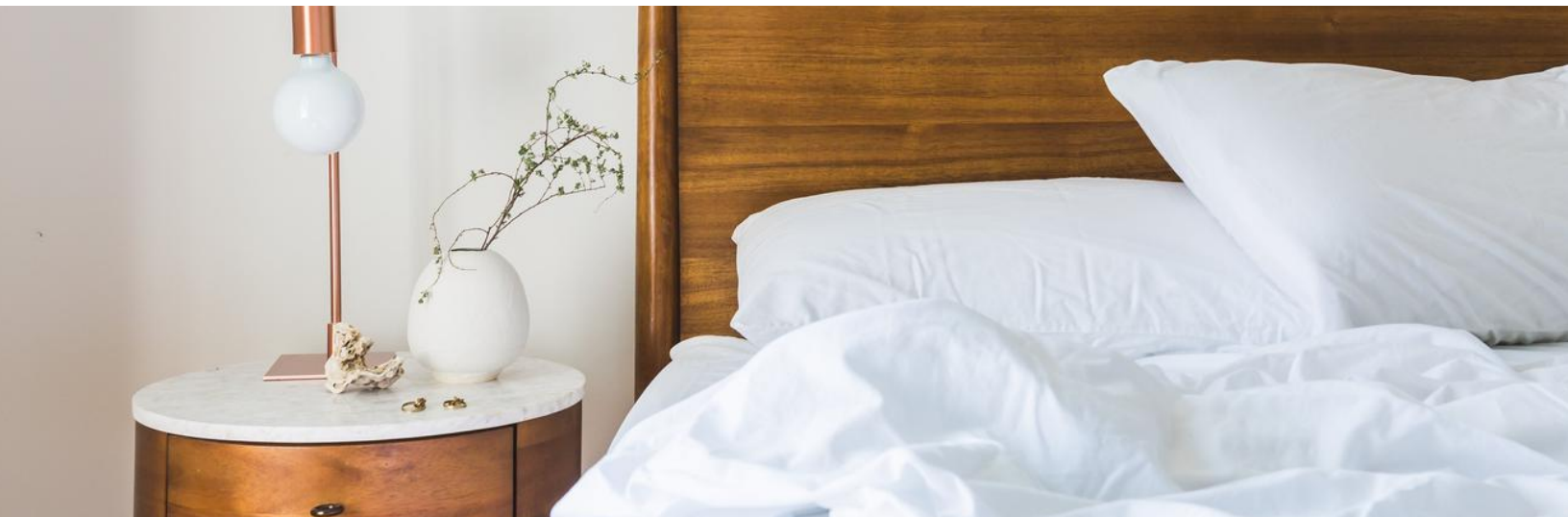
[Nutrition & Stress - Stress Mgmt Society](#)

[Beating Stress Through Nutrition - Psych Central](#)

[Health & Nutrition Tips - Healthline](#)

Sleep | 5

Quality sleep improves overall well-being, including improved clarity, productivity, physical health, and mental wellness.



MOVE

Regular exercise often helps people sleep. Try not to exercise in the hours before bedtime, though.

SLEEP IN A COOL, DARK ROOM

An optimal sleep environment is cool with little-to-no light.

AVOID ALCOHOL, CAFFEINE, AND NICOTINE

Alcohol, caffeine, and nicotine can disrupt natural sleep cycles.

DEVELOP A BEDTIME RITUAL

Creating a soothing routine that you can follow each night prior to bedtime will allow your mind to slow down and prepare to rest. Think light stretching, a soothing bath, meditation, or calming music.

FOLLOW A REGULAR SCHEDULE

Following a regular routine allows your body to grow accustomed to sleeping at a specific time every day.

REDUCE SCREEN TIME

Light emitted from electronic devices can disrupt your internal clock and make it difficult to sleep. Set clear electronic use boundaries prior to bedtime and if possible, remove them from your sleep space.

AIM FOR AT LEAST 8 HOURS

Experiment with sleeping the number of hours that make you feel best. The average healthy adult should aim to sleep at least 8 hours.

ADDITIONAL RESOURCES

[Basics - American Academy of Sleep Medicine](#)

[Importance - American Psychological Association](#)

[Importance - Medical News Today](#)

[7 Sleep Tips - Inc.](#)

[Sleep for Family - American Academy of Pediatrics](#)

[Sleep, Alcohol, Nicotine, and Caffeine - Healthline](#)

[9 Tips for a Good Night's Sleep - Psych Central](#)

[How to Sleep Better - Headspace](#)

[Tips for Better Sleep - CDC](#)

[Improve Your Sleep - Harvard Medicine](#)

[Sleep Tips - Mayo Clinic](#)

[Electronics and Sleep - National Sleep Foundation](#)

Work From Home: Ergonomics | 6

Feeling healthy has an enormous impact on your work. Please consider ergonomics when setting up your at-home workspace.



[Click the Neutral Posture Image to See a Larger Version](#)



NEUTRAL POSTURE

Do your best to setup your at home workspace to best support healthy neutral posture with arms and legs at 90 degree angles.

KEYBOARD POSITIONING

Keep your keyboard flat or at a negative tilt to reduce unnecessary tension in your hands, arms, and upper body.

LIGHT SOURCE

When working with a screen, try to decrease unnecessary eye strain. Refrain from having a light source directly in front or behind you.

SCREEN TIME

Give your eyes a break. Use the 20/20/20 eye exercise. For every 20 minutes of work, look at an object at least 20 feet away for 20 seconds.

LEVERAGE ZONE

Keep the items you need close to you. Limit your need to unnecessarily reach or undertake unnatural repetitive movement.

TAKE BREAKS

For every 20-30 minutes of seated work, make a conscious effort to stand up, move around, and stretch.

ADDITIONAL RESOURCES

[Optimize Your At Home Workspace - Lifehacker](#)
[Ergonomics for the Home Office - Saif](#)
[Setup an Ergo Office - PCMag](#)
[Improve Your Home Office - Humantech](#)

[Make Your Home Office Better - Inc.](#)
[Importance of Home Office Ergo - WFH Insider](#)
[How To: Office Ergonomics - Mayo Clinic](#)
[Perfect Your Home Work Setup - Fast Company](#)

Explore Pacific University Ergonomics Resources at: pacificu.edu/ergonomics

Work From Home: Basics | 7

Working from home can bring new considerations to light - for you and your team.



DESIGNATE A WORKSPACE

Choosing one specific area to work in allows you to maintain a sense of routine and organization while working from home.

STAY CONNECTED

It can be easy to only communicate with co-workers on your team. Take steps to connect with employees outside your department. At a time when physical connection is diminished, social connections are imperative to your wellness.

DEFINE BOUNDARIES

When you work from home, it can be easy to feel that the lines between work and home are blurred. Set clear hours to work and uphold those boundaries. Not doing so can quickly lead to burnout.

TAKE BREAKS

Breaks are always important, and even at home, they should be prioritized. COVID-19/Coronavirus adds stress to your life. Taking breaks is important for your mental and physical well-being.

COMMUNICATE

When much of your communication takes place via email, you do not have the luxury of interpreting body language or tone. Clarify, ask questions, clarify again, ask more questions. Repeat.

SET EXPECTATIONS

Be honest about what you are capable of undertaking while working from home. If you have children or a vulnerable loved one to care for, discuss expectations with your team and supervisor.

ADDITIONAL RESOURCES

[Make Working from Home Easier - TechExpert](#)
[Keep Teamwork Alive - Wirecutter](#)
[Ways to Stay Motivated - Biz2Community](#)

[Essential Tips for Working Remotely - Inc.](#)
[12 Guides to Navigate Remote Life - Trello](#)
[Essential Work from Home Tips - the muse](#)

Work From Home: Children | 8

When you have children at home and typically work away from the house, you face new demands when working remotely.



COMMUNICATE - TEAM

These are unprecedented and unpredictable times. Have ongoing communication with your team about viable time frames, availability, and expectations while attempting to work from home.

SCHEDULE YOUR DAY

Keeping consistency is important for your and your children's wellness. In uncertain times, it's important to focus on controlling that which you can control.

CATEGORIZE KID-FRIENDLY TASKS

Know what work tasks you are capable of undertaking with children present. Some tasks - like important conference calls or complex writing - may have to be done when children are not present.

ACCEPT

Regularly remind yourself that this situation is not normal nor permanent. Your co-workers and loved ones will all have different reactions. Accept that you can only control your own actions and reactions.

COMMUNICATE - FAMILY

To remove unnecessary confusion, it is important to communicate what expectations you have for work and quiet time along with also knowing your family's expectations.

GO OUTSIDE

Nature is a natural de-stresser. Children are not accustomed to living in isolation. Fresh air and outside time, when possible, will be good for you and them.

ADDITIONAL RESOURCES

[Age-Based Tips to Juggle Parenting & WFH - American Academy of Pediatrics](#)

[Work From Home With Children - World Economic Forum](#)

[Maintaining Sanity While WFH with Kids - PsychCentral](#)

[Work From Home With Children - Ourschool](#)

[Work From Home With Children - Mom Junction](#)

[Work From Home With Children - How to Make Partner](#)



Work From Home: Supervisor | 9

Managing a remote team can bring new challenges and opportunities.



COMMUNICATE

We are in an unusual situation. It's important to lead by example, communicate clearly, set expectations, ask questions, be accessible, and offer flexibility when possible.

ENCOURAGE TRANSPARENCY

Understand your employees' work at home situation. Work expectations can be best managed when specific environmental aspects are considered. Support honest communication.

MAINTAIN RELATIONSHIPS

Your team is not simply held together by mutual work. There are personal and social dynamics at play. You are leading a group of team members through one of the most uncertain times of your lives. Now is the time to truly strengthen bonds between individuals and as a team.

USE VIDEO

Video can maintain familiarity and team strength. Seeing someone is more powerful than simply hearing a voice.

CHECK FOR ESSENTIAL EQUIPMENT

Check in with your employees to ensure each of them have the equipment needed to perform job functions. If they do not, work on duty adjustments or equipment replacements.

ADVOCATE SELF-CARE

Your employees' wellness is a priority. Everyone is experiencing a unique reaction. Listen. Note behavior changes. Encourage self-care and the use of external resources, if needed.

ADDITIONAL RESOURCES

[Strategies for Managing Remote - MASSTLC](#)

[Build Communication and Trust in Virtual Teams - Salesforce](#)

[Managing Effectively - Map of the Universe](#)

[How to Manage a Remote Team - Motley Fool](#)

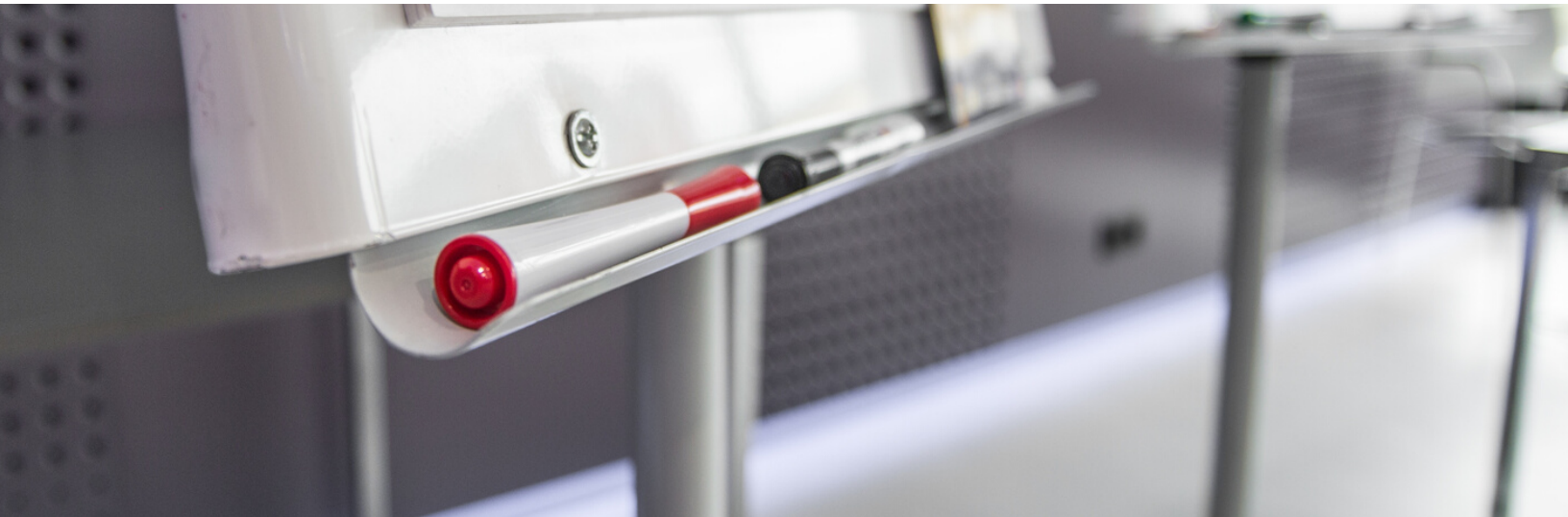
[Effective Telecommuter Management - Robert Half](#)

[Lead Your Remote Team Away From Burnout - Gallup](#)



Teaching Online | 10

This is a new adventure - on so many levels - for you and your students.



OFFER FLEXIBILITY

This is an uncertain time for everyone. Not only may this not be ideal for you, it is not ideal for your students. Some may no longer be living near campus. Some may have children or loved ones to support throughout the day. Understand that there are a number of competing priorities, and your students are trying to learn in unpredictable circumstances. Try to be flexible with your expectations of self and your expectations of others.

SET PROCESSES

Be clear about processes, requirements, and ideal means of communication. Make it easy for yourself and your students to succeed in this new normal.

STAY CONNECTED TO COLLEAGUES

You are not in this alone. Take time to talk with co-workers and fellow employees throughout the university. Everyone is going through this with you, and you are going through it with them. This is an opportunity to strengthen your bonds and relationships.

EXPECT THE UNEXPECTED

This process may not always go smoothly. Everyone is doing the best that they can with varying levels of pressure, stress, and situations outside of work and school. Hope for the best, and know that this situation is temporary. Lead by example, and do your best to make this process as beneficial and enjoyable as possible. Remember that your leadership may be one of the most secure things a student can experience right now.

ADDITIONAL RESOURCES

[Improve Your Zoom Teaching - Inside Higher Ed](#)
[Pandemic Teaching - Inside Higher Ed](#)
[Challenges and How to Solve Them - Top Hat](#)
[Online Instruction Resources - Pacific](#)

[What Worked in My Online Class - Faculty Focus](#)
[Help Students Succeed - Chronicle of HigherEd](#)
[How to Be a Better Online Teacher - Chronicle of Higher Ed](#)

Student Support | II

This situation affects everyone (a little or a lot) differently.



REFER STRUGGLING STUDENTS TO PROPER CAMPUS RESOURCES

As you know, college can be an extremely stressful, uncertain time for students. Pair that general uncertainty with Coronavirus, and it's a recipe for even greater stress and uncertainty. You are not alone in your care for students. If you notice that a student is exhibiting what appears to be unhealthy behavior and you would like support, please seek assistance or report the situation with a [CARE REPORT](#).

ESTABLISH AND FOLLOW COMMUNICATION GUIDELINES

Help create a situation that your students can count on and easily navigate. Be specific about communication mechanisms and class expectations. Make it easy for students to follow through. Keeping class aspects predictable will help students succeed and contribute to supporting mental health.

**This too shall pass.
We're in it together.**

LEAD BY EXAMPLE

Reactions to the Coronavirus situation can vary. In order to maintain a sense of normalcy for your students, take extra care to lead by example with calm, understanding, compassion, kindness, and support. You may be one of only a handful of people students are in direct contact with on a regular basis. Uncertainty and stress can feel overwhelming. Give your students the gift of wellness in your class - no matter what subject you teach.

ADDITIONAL RESOURCES

[Ways to Connect with Online Students - Chronicle](#)
[Lead On & Student Emergency Fund - Pacific](#)
[Tips for Remote Learners - Pacific](#)
[Student Counseling Center - Pacific](#)

[Multiple Resources - Faculty Focus](#)
[Trauma Informed Care \(TIC\) Training - TIC Oregon](#)
[Mental Health Amid Coronavirus - Active Minds](#)
[Report Concern for a Student - Pacific](#)

Support a student by volunteering for [BoxerLink](#), a new program from CAS.

Activities: Children and Teens | 12

"I'm bored."



Treasure Hunt

Bingo

Virtual Tours

Learn Learn Learn

Bake

Have an Indoor Picnic

Have an Outdoor Picnic

Read Stories

Listen to Stories

Create Stories

Write and Perform a Play

Make Video Calls

Volunteer

Play Cards

Play Charades

Play Board Games

Paint

Meditate

Learn a Language

Practice a Language

Go Outdoors

Do Science Experiments

Do Nasa Experiments

Draw With Chalk

Learn an Instrument

Play an Instrument

Bird Watch

Plant Plants

Make Soup

Dance

Build a House of Cards

Make Art

Start a Journal

ADDITIONAL RESOURCES

[Newsletter Signup - TEDEd](#)

[Coronavirus Resources - himama](#)

[STEM Engagement - NASA](#)

[Free High School Courses - Coursera](#)

[Free Space Projects - Space.com](#)

[101+ Ideas to Keep Kids Busy - Forbes](#)

[Free Home Learning Essentials - Learning Resources](#)

[Summer Closure Resources - NSLA](#)

[At Home Learning Resources - familyeducation](#)

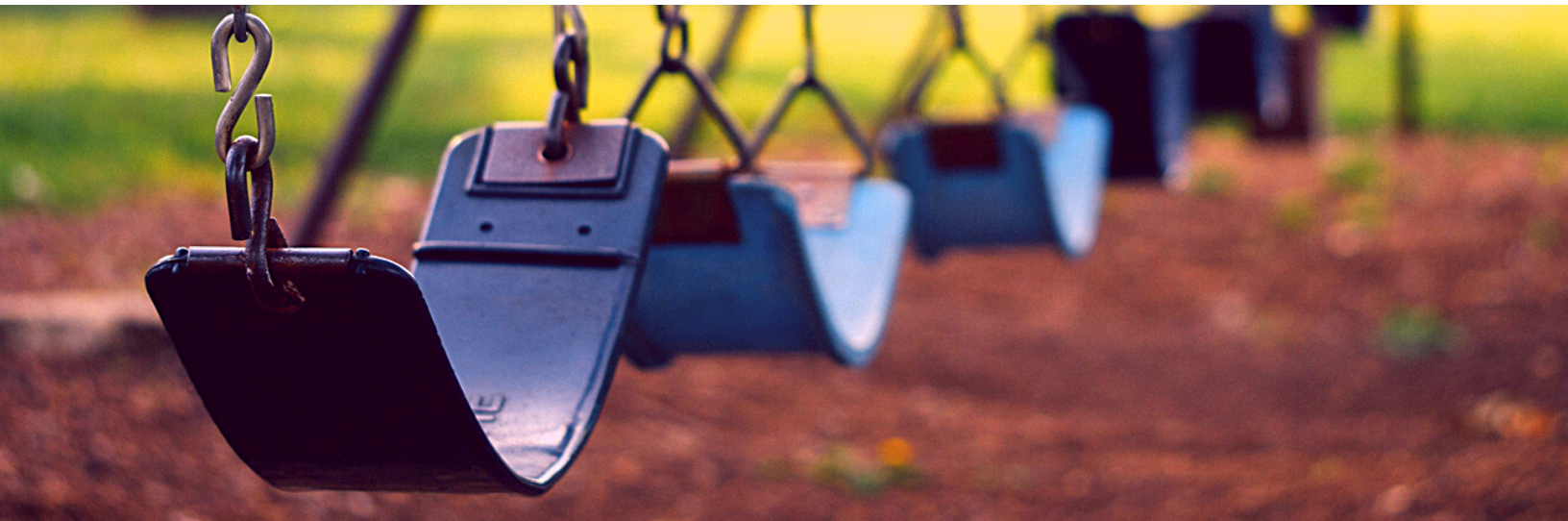
[Social-Emotional Safety Skills - kidpower](#)

[200 Free Kids Educational Resources - Open Culture](#)

[350+ Online Learning Resources - We Are Teachers](#)

Talking to Kids About COVID-19 | 13

Knowing your children are well can help you be well.



NORMALIZE

Communicate that anxiety and uncertainty is completely normal.

LEAD BY EXAMPLE

Display calm. Take safety precautions. Support your own health and well-being.

SET AND FOLLOW A SCHEDULE

Consistency is important for children, in general. When circumstances are unpredictable, structure can provide a sense of security.

ASK QUESTIONS

Talk to children about what they know about the situation. This will depend on the child's age and amount of outside contact. Help adjust any misconceptions, and talk about accurate information. Revisit these ideas regularly.

RESPONSIBILITY

Children are often at the mercy of their surroundings. This unusual situation can add an extra layer of insecurity. Give children tasks that they can control.

REGULATE

Limit screen time and media consumption.

SUPPORT CALM

Encourage quiet time, and explore age appropriate stress reduction techniques. Do them with your children. It'll build bonds and wellness.

GIVE BACK

Explore projects and opportunities to help others and/or your community.

ADDITIONAL RESOURCES

[Anxiety and Depression Association](#)

[Harvard Center on the Developing Child](#)

[Kids Health](#)

[Save the Children](#)

[American Academy of Pediatrics](#)

[Centers for Disease Control and Prevention](#)

[Child Mind Institute](#)

[All Kinds of Therapy](#)

[UNICEF](#)

[National Association of School Psychologists](#)

[Ready.gov](#)

Caring for Elderly Loved Ones | 14

Caring for our older loved ones during the Coronavirus situation can add additional stress and concern.



HELP MAINTAIN RELATIONSHIPS

Isolation can take its toll on well-being. If your loved is maintaining physical distancing practices, help the person remain in contact with friends and loved ones via technology, letter writing, or other safe methods.

ENCOURAGE OUTSIDE TIME

Nature is a natural de-stresser. If possible, help the person get fresh air and spend time outdoors.

NECESSITIES

Help your loved one stock up on necessary resources and medications to minimize trips.

YOU CAN ONLY CONTROL YOU

If you're a caregiver, you can often be put in a position to make decisions for your elderly loved one. Do your best to help the vulnerable person maintain healthy physical and mental well-being, but remember that you can only control your own actions and reactions.

LOVED ONE'S EXPOSURE

If possible, keep the vulnerable person in specific locations that minimize exposure to persons who may be leaving the home or possibly sick but asymptomatic.

YOUR EXPOSURE

If you are in contact with the vulnerable person and also people outside of the vulnerable person's home, take extra precautions to avoid unnecessary contact and exposure. If possible, limit your exposure or consider shifting care to a person with less exposure.

SELF-CARE

Caring for someone else can increase stress under normal circumstances. Your mental and physical health is important. Prioritize your own self-care.

ADDITIONAL RESOURCES

[Coronavirus Guide for Older Adults - TIME](#)
[How to Care for the Elderly - Care Sourcer](#)
[Tips for Dementia Caregivers - Alzheimers Assoc](#)

[Resources for Older Adults - John A. Hartford Fdn](#)
[Resources for Caregivers - Family Caregiver Alliance](#)
[Resources for Older Adults and Caregivers - NCOA](#)

Helping Others | 15

Giving to others helps them... and you.



PRACTICE PHYSICAL DISTANCING

When outside of your home, stay at least 6 feet away from others, and if you are inside a building other than your home or unable to maintain 6 feet of distance, wear a mask covering your mouth and nose. This can minimize your likelihood of contracting COVID-19/Coronavirus. It also minimizes your ability to spread it if you have it and are asymptomatic. If you are sick, follow strict self-quarantine guidelines.

SUPPORT VULNERABLE COMMUNITY MEMBERS

If you are not in a high risk to COVID-19/Coronavirus group, consider supporting loved ones who may be high risk. You can do drop offs or assist them in other ways. Also, keep in mind that this situation creates even more extreme environments for homeless community members and those unnecessarily targeted with negative actions due to race.

DONATE TIME OR MONEY TO A CAUSE

Volunteer or donate to favorite nonprofits or organizations.

CHECK ON NEIGHBORS

You can still assist neighbors in need when following physical distancing. Leave notes in mailboxes or make a quick call to see if vulnerable neighborhood friends may need help with errands or would like to chat over the phone or via teleconference.

SUPPORT SMALL BUSINESS

Many small businesses have reduced operations. If you do not visit in person, consider purchasing from online stores or gaining gift certificates.

ADDITIONAL RESOURCES

[Community Support - Pacific](#)

[Support Small Business - Seek Capital](#)

[Guide to Help or Get Help - CNN](#)

[Volunteer Opportunities - Volunteer Match](#)

[COVID-19 Resources - United States Interagency Council on Homelessness](#)

[Be a Virtual Volunteer - Accelerate Good](#)

[Tips for Supporting Others - Veterans Affairs](#)

[Funds that Help the Vulnerable - The Nation](#)

[Respond to Coronavirus Racism - Teaching Tolerance](#)



Connecting to Loved Ones | 16

Staying in touch with the people you care about has never been easier.
Social wellness is an important aspect of overall well-being.



RESOURCES

[Social While Social Distancing - Wirecutter](#)
[Stay Connected to Loved Ones - Thrive Global](#)
[Stay Connected to the Elderly - Rochester Regional Health](#)
[Stay Connected - Cleveland Clinic](#)
[Stay Connected - The Conversation](#)



Creative Outlets & Opportunities | 17

Spending time doing things you enjoy is fantastic for your well-being.



RESOURCES

[Free Ebooks - BookBub](#)
[10 Healthy Activities - Psychology Today](#)
[20 Places to Educate Yourself Online for Free - Lifehack](#)
[Free Art Tutorials - Artists Network](#)
[The Benefits of Journaling for Stress Management - VeryWellMind](#)
[16 Resources for Learning an Instrument on Your Own - JoyTunes Blog](#)

Accessing Accurate Information | 18

Misinformation can make a difficult situation even harder.



With abundant information access for many, misinformation can spread quickly and easily.

Stress and anxiety may be minimized by accessing accurate, up-to-date information from trusted resources. It's good to stay informed about COVID-19/Coronavirus and also be mindful of your well-being.

You may have the impulse to repeatedly check news sources and social media throughout the day. This may not be beneficial to your mental health. Set aside a reasonable amount of time each day to gain current information, and attempt to stay focused on your day-to-day activities for the remainder of the day.

RESOURCES REGARDING ACCESSING ACCURATE COVID-19/CORONAVIRUS INFORMATION

[Situation Summary - Centers for Disease Control and Prevention](#)

[Coronavirus Rumor Control - Department of Homeland Security/FEMA](#)

[Coronavirus Misinformation - Stanford University Communications](#)

[Be Careful Where You Get Your Coronavirus News - Harvard Health Publishing](#)

[Reliable Sources for COVID-19 Info - Cedars Sinai](#)

[Help Stop Viral Spread of COVID-19 Misinformation - United Nations News](#)

[Free Public Health Courses - Coursera](#)

Local, Regional, Federal Resources | 19

To help others, to help you or to do both.



CLACKAMAS COUNTY

[Main Website](#)

[Coronavirus Resources](#)

COLUMBIA COUNTY

[Main Website](#)

[Coronavirus Resources](#)

HONOLULU CITY AND COUNTY

[Main Website](#)

[Coronavirus Resources](#)

LANE COUNTY

[Main Website](#)

[Coronavirus Resources](#)

MULTNOMAH COUNTY

[Main Website](#)

[Coronavirus Resources](#)

WASHINGTON COUNTY

[Main Website](#)

[Coronavirus Resources](#)

YAMHILL COUNTY

[Main Website](#)

[Coronavirus Resources](#)

STATE OF OREGON

[Main Website](#)

[Coronavirus Resources](#)

UNITED STATES OF AMERICA

[USA.gov](#)

[Coronavirus Resources](#)

[Coronavirus.gov](#)

ADDITIONAL RESOURCES

World Health Organization

[Main Website](#)

[Coronavirus Resources](#)

United Nations

[Main Website](#)

[Coronavirus Resources](#)

If you desire assistance and regional resources are not listed for your area, please contact [Human Resources](#).

Benefits Providers Online Access | 20

They're here to assist you.



EMPLOYEE ASSISTANCE PROGRAM

Your well-being isn't just about your physical health. It is a combination of physical, mental, emotional, social, spiritual, and financial health. Pacific University supports the comprehensive well-being of our employees with the Employee Assistance Program through Cascade Centers. This confidential service helps employees access free wellness and counseling resources to support them and their families. The program offers one-on-one guidance sessions, 24/7 crisis assistance, self-directed education courses, and more. [Discover more about the Employee Assistance Program today.](#)

KAISER PERMANENTE

[Main Website](#)

[Coronavirus Resources](#)

[Telehealth](#)

[Digital Tools for Emotional Wellness](#)

[Health Coaching Services and Resources](#)

[Not sure who to contact?](#)

REGENCE

[Main Website](#)

[Coronavirus and Expanded Member Access](#)

[Telehealth](#)

[Advice24, Toll-Free Nurse Line](#)

[Health and Lifestyle Resources](#)

WILLAMETTE DENTAL

[Main Website](#)

[Coronavirus Resources](#)

LIFEMAP DENTAL

[Main Website](#)

[Coronavirus Resources](#)

VSP VISION

[Main Website](#)

[Coronavirus Resources](#)

ALLEGIANCE - FLEX SPENDING

[Main Website](#)

[Coronavirus Resources](#)

THE STANDARD - LIFE, DISABILITY, TRAVEL INSURANCE

[Main Website](#)

[Coronavirus Resources](#)

SAIF - WORKERS COMPENSATION

[Main Website](#)

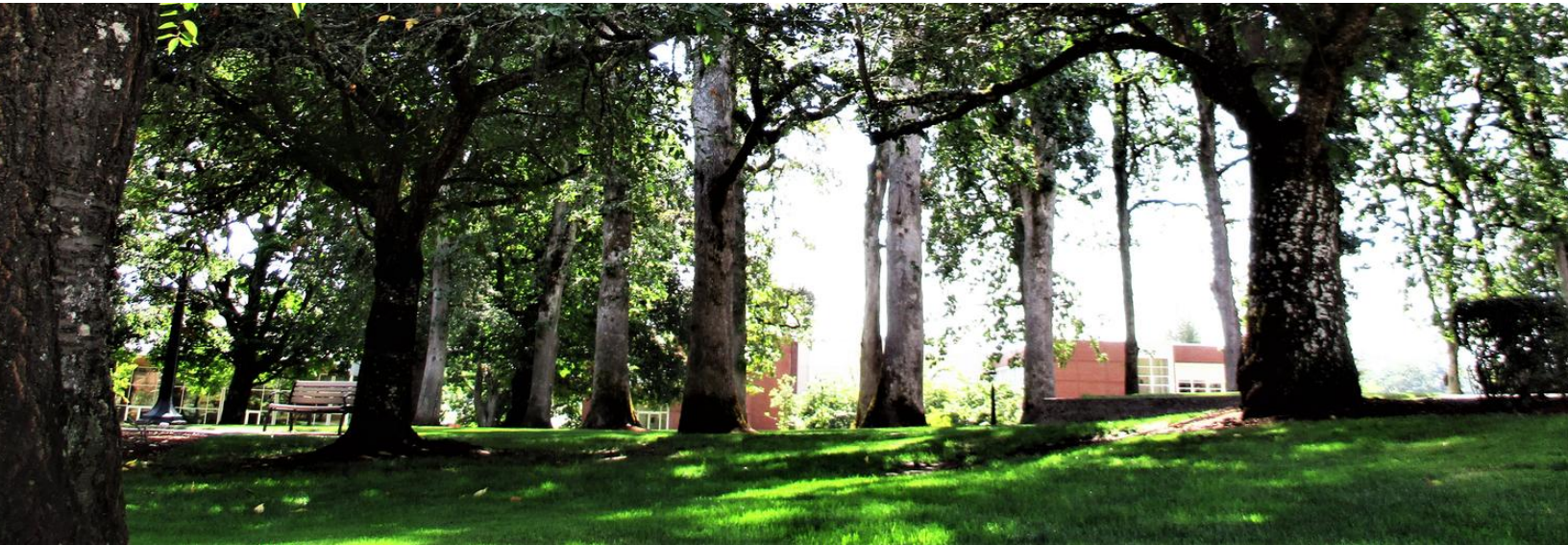
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**In case of an emergency,
please call 911.**



Pacific University Human Resources

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