Campus community,

Since the COVID-19 pandemic first began to impact eastern North Carolina, Pirate Nation has been forced to cope with numerous challenges both in the workplace and at home. We have had to transition to remote learning. Many of us have had to learn how to perform our duties from home while many others of us have been active in our clinical practice on the frontline battle against the virus. We have had to juggle our work responsibilities, care for family members at an elevated risk, oversee our children’s remote education, and do it all while increasingly isolated from many of our family and friends.

Unsurprisingly, the added demands and stressors that the pandemic has created can impact one’s mental health. With that in mind, UNC System Office Human Resources has curated a series of web-based resources that might be informative to faculty and staff in the weeks and months ahead. By clicking the link below, you can access resources related to mental health and well-being, resilience and equity, and stress management. As we prepare for our winter break and the end of 2020, we hope that these resources may be helpful as we look forward to what 2021 has in store for ECU.

https://myapps.northcarolina.edu/hr/health-safety/fac-staff-resilience/