

People

Purpose

Pride

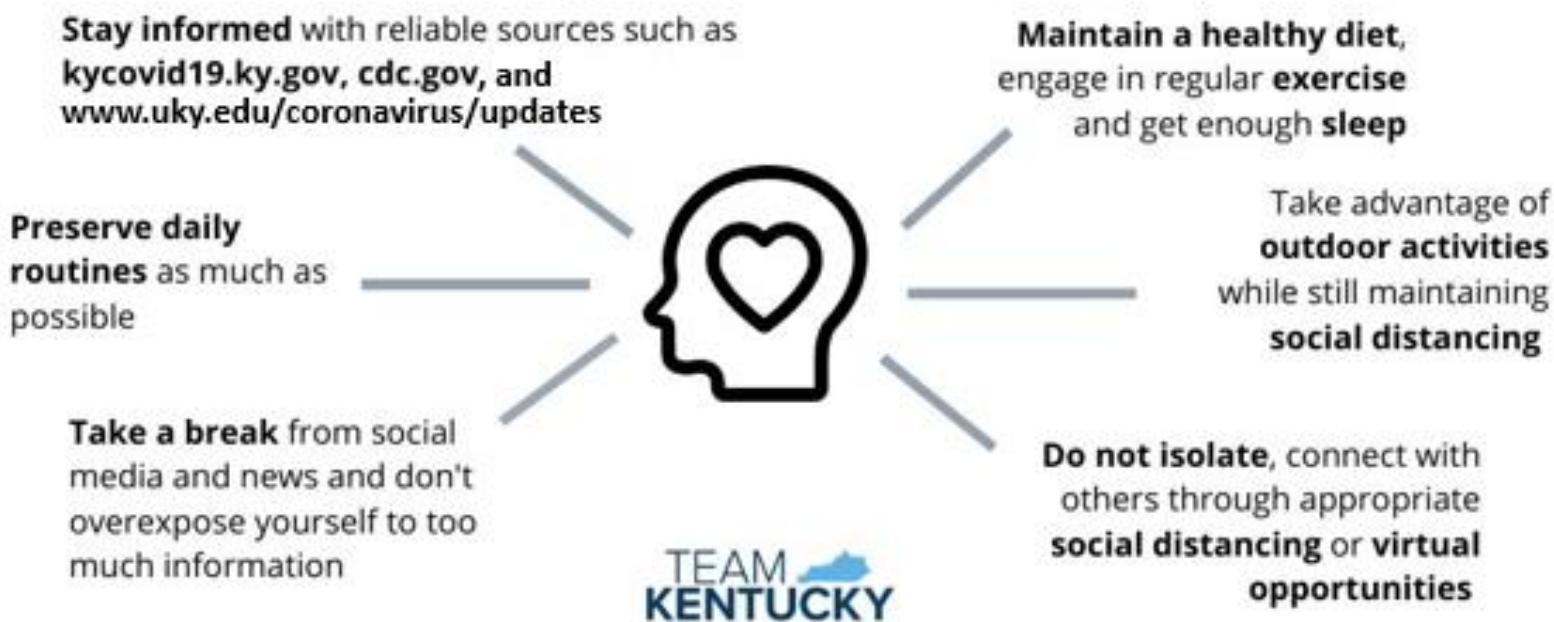
Perseverance

As we start a new week, I am struck by how strangely quiet our campus has become. We miss the vibrancy and company of our community in the halls of our buildings and along the sidewalks and green spaces of our beautiful grounds. Amid this quiet, the critical work of Facilities Management continues thanks to your dedication and hard work. This is not normal, and it can be hard and stressful. It is especially important in this time that we take care of ourselves and each other. Today's newsletter is focused on this important aspect of our work. Thank you for all you do. You make me proud every day. Mary Vosevich, Vice President for Facilities Management

Mental (Health and Wellbeing) Monday

The outbreak of coronavirus disease 2019 (COVID-19) is stressful and trying in many ways for every member our community. Fear and anxiety about this disease and its impacts can be overwhelming and cause strong emotions. We each react to this stress in different ways. Proactively managing this stress will make you, the people you care about, and your community stronger. **It is important to know the signs and symptoms of stress and anxiety, and to be aware of the many resources available to help cope.**

This graphic was adapted from kycovid19.ky.gov:



Additional Wellness Resources

www.uky.edu/hr/work-life/counseling/worklife-connections-counseling
www.cdc.gov/coronavirus/2019-ncov/about/coping.html
www.apa.org/news/apa/2020/03/covid-19-research-findings

More information:

The University is maintaining a website for the most recent updates on our response: www.uky.edu/coronavirus/updates

The Commonwealth of Kentucky is also using this website as a hub for Covid-19 related information and resources:
kycovid19.ky.gov

Kentucky Governor Andy Beshear is conducting daily news briefings at 5 p.m. , providing updates on the situation for our Commonwealth. The briefings are broadcast on many local TV stations and available to stream online.