The University of Nebraska-Lincoln recognizes that faculty and staff are in the middle of difficult and uncertain times. A barrage of stressful messages from texts, emails, news stories, social media, and official communications that are intended to inform, may amplify concern and worry. Many faculty and staff are witnessing workplace changes, and some may even be aware of coworkers going through a reduction in force. The UNL Employee Assistance Program would like to be supportive in several ways. The following support is offered with the utmost care and concern for our campus community.

Ways we can help

* Process your worries in a safe place
* Receive help sorting the worst stressors and finding interventions
* Learn how mindfulness is helpful during chaotic times
* Develop personal strategies for your specific situation
* Discuss your circle of influence
* Process catastrophic thinking versus grounded realistic thinking
* Formulate a plan for self-care that may be missing
* Support for managers to communicate with empathy and understanding

Contact us for help

📞 402-472-3107

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