Let's take some time throughout our day to recharge, practice self-care and take a moment to breathe. Discover this week's tips and resources on how to stay well!

**The Panthers Protecting Panthers: COVID-19 Safety Course** is an important component to the FIU Panthers Protecting Panthers plan.

In this course, you will gain the knowledge and information needed to keep yourself safe and protect our university community.

All faculty and staff are required to complete this course by Friday, August 21. To access the course, visit develop.fiu.edu, log in using your FIU credentials and the course will be in your dashboard.

Questions? Contact the [Division of Human Resources](#) at 305-348-2181.

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Join the Office of Employee Assistance (OEA) for The We are One - Mindfulness for All workshop.

This workshop addresses implicit bias which can lead to the rejection, judgment, alienation, or marginalization of ‘others’ different than ourselves.

Register today for the session below:
- **Friday, August 7**

Questions? Contact the OEA at 305-348-2469.

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Plan to join the OEA's upcoming mindfulness and meditation sessions and support groups below:
- **Welcoming Your Emotions**
  - Friday, August 7
- **Mindfulness in Togetherness: Meditation**
  - Wednesday, August 5
  - Wednesday, August 12
  - Wednesday, August 19
  - Wednesday, August 26
- **Caring and Sharing Support Group**
  - Friday, August 28

All sessions are from 12 - 1pm. Register for these sessions today.

Questions? Contact the OEA at 305-348-2469.

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**Lunchbox Panthers** is a professionally-led support group that will focus on strategies for better communication, connection and advocacy for the common good during the challenges we are facing during these present times.

All sessions are from 12 - 1pm unless otherwise noted. Register for the sessions below:
- **Tuesday, August 11**
- **Tuesday, August 18**
- **Tuesday, August 25**

Questions? Contact the OEA at 305-348-2469.

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Connect with our OEA team through your laptop, iPad, or cell phone via Zoom Telehealth, a secure, HIPAA-protected platform.

The OEA continues to support faculty and staff with a range of presenting concerns including, but not limited to: work-life balance, stress, coping with the pandemic, parent-child stress whether your children are young adults, teens, tween, or toddlers, grief, and relationship concerns.
For more information about our team, visit oea.fiu.edu.

Questions? Contact the OEA at 305-348-2469.

Make sure to take some time to practice self-care while working in a remote environment. Follow the links below to explore some of the activities being offered for the week. Be sure to check out calendar.fiu.edu for more exciting events!

- Baptist Health Virtual Community Health Classes
- Cafecito Chat

Join the FIU Center for Children and Families for the free Parent Club webinars. These webinars are designed for parents and caregivers to receive tips and resources for balancing work, parenting and homeschooling.

Visit calendar.fiu.edu to view upcoming Parent Club dates and to register.

Questions? Contact the FIU Center for Children and Families at 305-348-0477.

Aligned with our core values, the well-being of our university community is the utmost importance. We’re in this together!

As FIU continues to monitor coronavirus developments, make sure to stay up-to-date with the latest information available via www.fiu.edu/coronavirus.

Want to stay connected with all things health and wellness?

Sign up today for the Panthers Active Wellness Services (PAWS) monthly newsletter. As a subscriber, you will receive just-in-time tips and resources from PAWS and OEA to keep you in top shape all year round.

Questions? Contact Panthers Active Wellness Services at 305-348-2533.

Unsubscribe from this newsletter will also unsubscribe you from future important HR communications and newsletters. To provide feedback on this newsletter, please email hradmin@fiu.edu.