TIPS FOR STAYING HEALTHY

Here are three emotional intelligence skills to ensure you are in the best possible position to survive and thrive in the coming weeks:

1 We are told that we must socially distance ourselves from others at this time. However, we should always be mindful of our use of language and it is important for us to understand the distinction between physical distancing and social connection. Social connections and our relationships with other people are the best antidote to the stresses of life and the single most reliable source of our own personal wellbeing. Loneliness is such a disabling condition that we have to guard against that tendency to withdraw emotionally and socially. We understand that your relationships matter and they matter more than anything else in terms of maintaining your emotional health and wellbeing. So please take the time to focus on maintaining and cultivating your relationships whether they are personal relationships or professional work relationships, even if we must use the virtual channels. Schedule some Skype calls with family, friends and co-workers and be brave enough to use the video function – it allows a real connection. This is singularly the most effective way to inoculate yourself against mood disorder and increase your well-being and the well-being of others.

2. The second skill is optimism. Not the rose tinted, glass half full view of the world. Rather optimism as a life strategy in which we see past problems and sense opportunities in tandem with developing our own courage and resilience to fight setbacks. Melinda Gates recently said “Optimism for me isn’t a passive expectation that things will get better; it’s a conviction that we can make things better”. The human condition enables us to always do better, limit the damage caused by events, find creative and alternative solutions and rebuild and regenerate our capacity to survive and develop. Rather than allow negative thoughts influence their behaviour, a key skill used by optimists is to focus instead on the tasks to be carried out.

3. The third skill is self-reliance. Self-reliance is about having the confidence in our own judgement to control our behaviour and the events in our lives. Self-reliance means taking charge of and controlling where you chose to devote your most productive emotions and intellectual energy. We all have within us the resources to achieve great things and collectively, without exception, we as a campus community have overcome our fears and anxieties and demonstrated outstanding self-reliance in rising to the challenge of remote working to achieve great things. Your self-efficacy is increased by celebrating small wins, recognising small achievements and commemorating milestones all the time. We celebrate and support all of your small wins at this difficult time.

EMPLOYEE SUPPORT SERVICES

We continue to encourage staff to avail of the Employee Support Service at UL. Please see information here: https://www.ul.ie/hr/current-staff/employee-relations/employee-support-service. Please note the directions contained there for accessing the Support Hub website at: https://www.inspiresupporthub.org. Here you will find a suite of information, guidance, screening, and intervention tools, tailored to help care for your individual wellbeing needs including a rich Resource Library on many specific mental and physical health topics.

HOW TO MANAGE EMAIL VOLUMES

It is worth reminding you how you can manage distribution lists while working remotely. Information is available on the ITD website page here: https://ulsites.ul.ie/itd/node/68661#dl under “Email FAQs & How to”. Members of staff are subscribed to certain lists that are compulsory, such as HRNotices, but there are also several lists which are optional and you may subscribe or unsubscribe as you wish. The optional lists are:

Events

Bereavements

For Sale or Wanted

ITD Teaching Information

Lost and Found

Research Information

Sport

Timetables

The information and instructions can be found HERE:

There is a link under your favourites in Internet Explorer automatically installed if it is a staff build computer. This link is: http://onsite.ul.campus/AD/MyMembership.aspx. However, you will need to be connected through the FortiClient to access control to your subscriptions list. Please see ITD information here: Topdesk (https://ul.topdesk.net and ‘Remote Work and Study’ section) for information on how to access IT services remotely.

WHERE TO GET THE MOST UP TO DATE INFORMATION

The UL COVID 19 dedicated information page has been revamped for ease of navigation as further information and supports have been added almost daily over the past 4 weeks of closure. All announcements and FAQs on a wide variety of areas can be accessed here: https://www.ul.ie/covid-home.