Message from the VP of Human Resources

As our community prepares for changes necessary to address the evolving landscape of higher education, we recognize that uncertainty about your future role at SLU creates anxiety and stress. These emotions are amplified at an institution such as ours that recognizes and values each member of our community. One of our greatest strengths is the compassion that you, the members of the SLU community, show for your colleagues, friends and family here at SLU.

At times like these, it is important that we support one another and that we take time to care for ourselves. As members of the SLU community, we have a variety of resources available to us. We have dedicated this edition of the HR Magis newsletter to identifying some of these resources. I encourage you all to take a few minutes to review the resources listed below, make use of anything that you might find helpful and pass along any resources that could be helpful for your colleagues.

We remain committed to sharing information about the work happening under all aspects of the Magis Operational Excellence Program, including the Organization Design Initiative. We are also committed to treating those impacted by the changes we will be making with the utmost compassion, dignity and respect. Doing everything we can to support those who will be transitioning to jobs elsewhere is our No. 1 priority in the days and weeks ahead, I encourage you all to continue to support one another and take advantage of the resources that we have available to us.

Thank you for everything that you have done and continue to do to make Saint Louis University the community that our mission calls us to be.

Guidance Resources

SLU’s Employee Assistance Program, ComPsych Guidance Resources, has a variety of resources to help build and maintain resilience as well as practice healthy ways to manage stress.

Upcoming webinar: Coping During Uncertain Times
Click here to register for a free upcoming webinar offered exclusively to members of the SLU community. During this webinar, participants will learn practical and healthy approaches to dealing with uncertainty and re-establishing control.

Participation in this webinar is anonymous and will be facilitated by ComPsych through their own webinar tool.

Counseling Services
ComPsych Guidance Resources provides employees and their families access to professional licensed counselors on a confidential and cost-free basis. Members of the SLU community, their family, or any member of the staff/faculty’s household are encouraged to contact ComPsych Guidance Resources for more information.
SLU Wellness Programs

Live Well
Live Well is part of our Employee Wellness program for SLU employees. Sessions are intended to be educational and interactive and attendees are eligible to receive 35 Vitality Points. Please see below for information on the sessions being offered in February.

Pursuing Happiness: The Big Picture
Thursday, February 15 | 11am to 12pm | Allied Health Building Multipurpose Room

What makes us happy? Dan Haybron, Ph.D., professor of Philosophy, will give an overview of happiness literature and help us tease out practical strategies for living happier lives. Click here to register. You can get a glimpse of Dan’s work through SLU’s Expert series here or check out his research grant on happiness and well-being here.

Resiliency: Bouncing Back After a Setback
Thursday, February 23 | 11am to 12 pm | Busch Student Center Room 173

Certain individuals appear to succeed against all odds. Despite severe hardships they not only adapt, but actually thrive. These people possess a quality known as “resiliency.” This workshop will examine the characteristics of resilience and discuss ways to introduce greater resilience into our lives. Click here to register.

Go Move Challenge
Exercise can be a great stress reducer. Get your exercise and join the Go Move Challenge as faculty and staff compete to determine which Jesuit University is the most active! Movement is defined as any intentional exercise that causes at least a small increase in breathing or heart rate. See more about the Go Move Challenge or register now.

Vitality: Mental Well-being Review
The Mental Well-being Review helps you assess and manage your emotional health and mental well-being. A personalized profile and Vitality’s recommendations will help you understand and improve your overall mental well-being, including your resilience and social support. Find the review at www.powerfulvitality.com > Learning Center > Health Resources > Mental Well-being Review.

HUMAN RESOURCES

We serve the University community by delivering fair and competitive policies and programs, lead talent management solutions, and unite mission, strategy, and people through collaborative partnerships.
Mission—Attitude—Guidance—Ingenious—Service

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