

**From:** Office of the Provost  
**Sent:** Thursday, April 30, 2020 7:24 AM  
**To:** FAC-AA-RESPONSE-L@listserv.jmu.edu  
**Subject:** Support for Faculty

Dear Colleagues,

Yesterday I sent an email from the Counseling Center and the Dean of Students Office about supporting students who may be struggling at the end of the semester. I recognize that you, too, may be struggling. It is so important to remember that caring for yourself is as important as caring for others.

As scholars, instructors, and artists, we often push ourselves to our limits. I urge you to take care of both your physical and mental health. We are in a marathon, not a sprint, right now, and staying grounded can be a challenge.

Try to do something you enjoy every day. Connect with friends and family, in person or online. Consider using the university's [Employee Assistance Program](#) for added support. You are already a role model to your students; model for them the self-care that is so necessary right now.

Sincerely,  
Heather

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