



Forging Resilience in Uncertain Times

Use this document with co-workers, your team, or in your own work to explore ways to develop resilience, manage stress, and practice mindfulness for your own well-being during a period of change. For updated information related to how the University and its campuses are responding to the Coronavirus, please see the following links:

[Missouri University of Science & Technology](#)
[University of Missouri Hospitals & Clinics](#)
[University of Missouri – Columbia](#)

[University of Missouri – Kansas City](#)
[University of Missouri – St. Louis](#)
[University of Missouri System](#)

Resources available throughout the UM System

- Be sure to take advantage of the Employee Assistance Program. The UM System's Employee Assistance Program (EAP) is a confidential, professional service provided to all employees, their families, retirees and organizational work units. The EAP provides a variety of services to help employees influenced by a range of personal concerns or stressors. The EAP also assists work units and the larger organization to improve quality and productivity. For more information at EAP at any of the UM System campus locations, see below.
 - [Columbia](#)
[Kansas City](#)
 - [Rolla](#)
[St. Louis](#)
- Sanvello is designed to "help people build the life skills they need, anytime, anywhere, in any way they choose." Sanvello is based on cognitive behavioral therapy and provides daily tools aimed at promoting healthy, sustainable behaviors. [Get started with Sanvello today](#). When creating your account, use your university email address to gain access to the full suite of features below.
- Zoom Mindfulness & Yoga sessions are available to anyone in the UM System, these sessions can help you stay healthy and practice good habits from a distance. These sessions will be offered regularly throughout the remainder of the spring semester.
 - Yoga Sessions
 - Every Monday at 3:00pm: <https://umsystem.zoom.us/j/129131172>
 - Every Thursday at 8:30am: <https://umsystem.zoom.us/j/143606161>
 - Mindfulness Sessions
 - Every Tuesday, Wednesday and Thursday at 12:00pm: <https://umsystem.zoom.us/j/939301627>

Online Resources

- There's a new set of resources curated for you to access on myLearn that focuses on [Managing Stress](#). There are courses, e-books, videos, and job aids that you can refer to at any point. Please note that when you use myLearn, you may need to enable pop-ups, and may be prompted to log in with your UM System credentials.
- The No Ego, hosted by thought leader Cy Wakeman, will give you the tools you need as a leader to ditch the drama, end entitlement, and drive big results in your workplace and your worldplace. It is high time to reinvent leadership thinking. Stop worrying about your employees' happiness, and start worrying about their accountability. You can find it on [Apple](#), [Spotify](#), and other places podcasts are hosted.

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