



*From Office of the Vice President for Administration & Business Affairs -
Message from Vice President Jonathan Bowman*

Wellness Resources during COVID-19 for Employees

It is my hope that many of you have begun to settle into your new routines as we continue with our remote work and reduced operations on campus. I understand this has brought numerous challenges to you and your families, and I appreciate your willingness to innovate and adapt to these uncertain times. I would like to take the opportunity to share several resources through several departments in Administration & Business Affairs for your physical and mental wellness. I believe many of the resources will be applicable to both those who are remotely working and those who continue to support essential functions on campus.

First, we have partnered with Kaiser Health to bring our employees valuable resources for both rest, revival and stress management. Please be on the lookout next week for how to participate in our first campaign for better rest. Shortly after, we will be hosting a live webinar with helpful resources to manage stress. I encourage you all to bookmark the [Organizational & Learning Development homepage](#) and [calendar](#) for additional updates.

Second, we have partnered with one of our Noontime Wellness instructors to offer a stress and relaxation online session on Tuesdays and Thursdays, through the end of the term. These online, live, instructor-led half-hour sessions will incorporate 10 minutes of posture/body awareness exercises and 20 minutes of guided meditation drawing on Zen, Vipassana, and Mindfulness. Please register through our campus calendar [here](#).

Lastly, as you adjust to new desks and office set-ups at home, we want to ensure you have the proper knowledge of ergonomics. You can view these short videos, Risk Management Services has recommended in CSU Learn to help you adjust your tables and chairs for better alignment.

Search in [CSU Learn](#): Sac State Ergonomics and select REGISTER in the upper right corner, for the 6 part curriculum. The entire series is approximately 40 minutes in length.

As always, ask for help if you need it. Our Human Resource Professionals in the Benefits Office would like to encourage employees and family members in need of helpful guidance, counseling, referrals to local resources or reliable professional care, contact LifeMatters by Empathia. Services are available 24 hours a day, 7 days a week. You can call 800-367-7474 (TDD/TTY: 877-307-2812) or online at

[Subscribe](#) to our email list.

Coronavirus COVID-19 Pandemic Resources available for employees to view and download. All employees, their dependents (including dependent children not residing with the parent) and other family members living in the employee's home are eligible for services and may contact LifeMatters directly.

Thank you for your continued dedication to our University and our students.

Jonathan Bowman
VP/CFO
Administration & Business Affairs.

Administration & Business Affairs SacSends can be accessed here: <https://www.csus.edu/administration-business-affairs/operations/campus-communications.html>

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