


From: Amanda Moore McBride gsswdean@du.edu 
Subject: [col-sw-emp-staff-appt] I see you...
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To: elizabeth.ohara@du.edu



GSSW faculty, staff, and doctoral students,

This week has been a month—the enormity of what we face, the uncertainty, the pace.

My outreach to you at the end of our first week of working and connecting remotely is to just say I see you.

I know that so many of you are preparing or adjusting to homeschooling or caring for your children or grandchildren. You are still trying to set up a space to work; learning new technology; and attempting to keep up with the onslaught of emails (just when we thought we couldn't get anymore!). Others are still grading for winter quarter, and now moving spring courses online. While others, even still, are deeply concerned for their health and well-being and that of their loved ones.

I told the Executive Advisory Council, GSSW's leadership team, recently that I hope we will all pace ourselves. When in crisis, everything can feel like an urgent matter, even though it is not. Please push pause and ask yourself what would happen if you waited a day. Most often the results would not be extreme. Give yourself this space. Please also be gentle with yourself and one another. Practice "good enough."

We are thinking about you and how we can best support you. Many of you are asking how you can help. We have taken some of the ideas that you have shared, and are creating a brief survey for your input, which we will send you next week. Please also continue to check our [internal COVID-19 page](#), as we are updating it daily with resources.

Also, please join EAC for a happy hour on Thursday, March 26 at 4pm. An invite is forthcoming from the Office of the Dean. I appreciate that Trish Becker raised her hand to host this first one. Bring a drink of choice and some snacks, your new zoom background, your children, and loved ones, and just come be together.

I hope that you will find peace in small, still moments this weekend. Be well.

With appreciation,
Amanda

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