



Small Steps Forward

We've been doing this for 6 months, and it feels hard right now. Here are a few useful articles and small suggestions to get through this period of muddling through.

The Washington Post has an article on [Psychological First Aid](#) that has some useful suggestions.

[Your Surge Capacity is Depleted](#) discusses "how do you adjust to an everchanging situation when the new normal is indefinite uncertainty"?

[Acedia: the lost name for the emotion we're all feeling right now](#) offers a new (old) word to summarize the mixture feelings resulting from isolation, uncertainty, and constant bad news.

[Those Who Wander Are Sometimes Lost](#) is a wistful piece addressing the fact that we are lost but can't effectively wander. The ability to wander aimlessly -through a store, museum, festival, park - is something many of us miss right now.

Small actions that can have a large collective impact:

- Participate in the 2020 Census by October 5th (current deadline) at nmcounts2020.org
- [Register to vote](#) by October 6th and [request an absentee \(mail\)](#) ballot by October 20th
- [Get a flu shot](#). There are a number of opportunities through UNM, explained [here](#) and some pharmacies are offering on-line scheduling of flu shots to minimize time in the store
- Donate to a cause or campaign that is important to you
- Keep on with what you're doing – wear a mask, wash your hands, and safely support local businesses, restaurants, and nonprofits.

For you:

- Don't underestimate the positive impact of a few minutes of slow, deep breaths when you are stressed or frustrated
- Small amounts of exercise, time outside, or enjoyable activities are considerably better than none
- Minimize [doomscrolling](#)
- Be patient with yourself
- Are there small amounts of help that you can request from friends and colleagues that can help you through a tough day or week?
- Attend Lightning Lounge and other virtual campus events to remind yourself that there is interesting work happening. You can watch the September LL [here](#). The next LL is Wed, October 14th, 4-5pm.

As a member of the UNM Community consider:



- People who are smiling and appear to be calm can still be struggling and appreciate being checked on. Everyone has different responses to stress and is dealing with different ranges of stressors.
- If you have the capacity (and that's a big if), are there small amounts of help you can offer to a colleague? Can you check on a colleague (by email, phone, or Zoom) to ask how they are doing?
- UNM has consolidated mental health resources for faculty, staff and students at mentalhealth.unm.edu. Reach out when you need help and encourage colleagues and students who might benefit from support.
- [LoboRESPECT](#) has a range of non-academic support for students.

Ask ADVANCE:

- We're always available for confidential meetings. Email me (jfulghum@unm.edu), advance@unm.edu or use the [request a meeting](#) form on our [website](#).
- Ask questions and make suggestions anonymously through our [drop-us-a-line](#). We'll post answers on the relevant webpage or in a weekly email, depending on the topic.
- NSF has changed the biosketch format. Request help in creating or modifying your biosketch [here](#).
- Would it help for you to have an accountability partner or group? [Fill out this form](#) and we'll make it happen!
- Our fall workshop schedule is [here](#). Contact us if you have questions or ideas.