CHS family,

As we come to the end of Week 15 of remote learning and working, we look back with both relief and pride on the successful execution of both a spring and a summer session under extraordinary circumstances. I congratulate and thank the faculty and students who are wrapping up Summer Session A today and those preparing to launch Session B next week. You made our record-setting summer enrollment possible. Your hard work, persistence and dedication is truly inspiring!

Given the continuing uncertainties of the pandemic, we are experiencing all sorts of emotions, including fear. Fear is a natural reaction to the unknown, but working to create a space between the emotion and our reaction to it can help us feel less afraid and more ready to face whatever comes next.

To that end, I am focusing on being present, both in the moment and for the people around me. Whether taking a walk in the cooler morning hours or performing routine tasks throughout the day, I am trying to think about the activity as it is happening, noticing sensations and truly seeing it. When I am speaking with someone, I want to “be” there with them, paying attention to what they are saying and feeling, working to not let my mind wander or think about what I will say next. Although social distancing changes how we are present for people physically, we have proven we are creative in finding ways to show we are here for each other. Please continue to reach out to me as needed, and I will make myself as available as I can.

Opportunities and reminders

- **Story time:** I have received positive feedback about the weekly story time, including photos of your kids enjoying the videos, which was such a joy to see. This week’s story, *Under the Bodhi Tree*, has a lot to say about being present.

- **Safety training:** As a reminder, all faculty, staff and students are required to take the “ASU Community of Care Training for Employees” in ASU Career EDGE by July 1 or before returning to campus, whichever comes first. Refer to the [June 18 email](mailto:June 18 email) about the return to campus for more details.

- **Summer of health event:** Sasha Bayat, nutrition alumna and owner of The Bodhi restaurant, will show us how to prepare an energy-boosting healthy meal on July 8 from 11 a.m.–12 p.m. [Register in advance](mailto:Register in advance) to receive the shopping list and cook your lunch along with her.

- **Racial justice discussion group:** One important way we can be present for each other is
to learn more about racism and how to combat it, as discussed in this ASU Now article. The CHS Faculty and Staff Vitality Committee invites CHS faculty and staff to read selected articles and then join small-group discussions in virtual sessions to be scheduled in July and August. To sign up, please complete this form.

Next Friday, July 3, is a university holiday in observance of Independence Day, and our campuses will be closed. This CHS Silver Linings email will also take a break and will resume July 10.

Sending you early wishes for a safe and happy Fourth of July.

Take good care,

**Deborah**

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