CHS family,

Last week, I reflected on how you inspired me with your creativity and collaboration. At the end of another busy week, I am so impressed with your perseverance. Everyone is tired. We even have a new term in our pandemic lexicon: Zoom fatigue. This article explains why Zoom meetings drain your energy along with some helpful strategies for dealing with Zoom fatigue.

I appreciate everyone’s resilience in the face of exhaustion. The more exhausted we are, the more important it is to show kindness and understanding to one another. I do not have young children or elderly parents at home or living alone, but I am very aware of the challenges for those of you who do.

That’s why I love that our Student Vitality Team is taking the lead to start a Random Act of Kindness (RAK) Challenge next week. Students, faculty and staff are planning random acts of kindness and will be posting video challenges on their social media channels, asking others to also do at least one random act of kindness and move this health and well-being campaign out into our communities.

The RAK Challenge demonstrates that through adversity we care about each other. Let’s see if we can get this effort to go viral. How could you spread kindness next week? Some possibilities:

- A thank you sign for the sanitation workers on garbage pickup day.
- An extra generous tip for a delivery person.
- A Sun Award to a colleague who helped with a project.
- A congratulations card for a student.
- A coloring book for the child of a working parent.

I hope you’ll join in by doing an act of kindness, posting a video about it on your social media with #RAKChallenge and challenging others to do the same. It will ripple out from there, and we will all be doing our small part to make the world a better place. During the all-college meeting today, Cara Sidman challenged me to a RAK with this video. I accepted the challenge, and I am already thinking about how I will pay it forward.

A few reminders:
- Check out the CHS Vitality and Wellness Committee’s COVID-19 Resource Guide.
- Review emails that have gone out on our CHS coronavirus update page.
Visit the intranet calendar for information on our many virtual events.

I’m looking forward to hearing about the ways you are showing and are shown kindness next week and beyond. Enjoy your weekend!

Warm regards,

Deborah

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