CHS family,

Our work in higher education makes the rhythm of our year different from those who work in other professions. Our work life accelerates in August when school begins, and we go full speed until December when we take a break to rest up for a new semester in January — which we call our mid-year while for everyone else, it’s the new year. Then we go full force again until May, which we call the end of the year and take a longer break over the summer for vacations, catching up on projects and preparing for the next year, and spending extra time with family and friends until it’s time to start the pattern over again.

As has been the case with everything in 2020, that pattern has been disrupted, and we are living a work year like no other in our professional experience. Instead of resting this summer, many of you are busier than ever in July and not getting away for a needed vacation as you might have done in the past. You are working hard adjusting your fall syllabi, attending training to learn new ways of teaching and supporting students, and sheltering at home without the benefit of a real break. Please know that I fully understand the disruption of this unprecedented summer, and I appreciate your hard work, your continued persistence and your can-do spirit.

With so much information coming our way this summer, it is easy to get overloaded and overwhelmed, so please carve out time for self-care. I have found some peaceful moments taking walks in the morning or making masks in the evening. And after looking at screens all day, it is important to recharge and refresh. I invite you to take advantage of some of these opportunities to:

- **Keep connecting:** Visit with colleagues over coffee or tea during CHS Morning Cup via Zoom on July 23, from 8:00-8:30 am.
- **Keep growing:** Join the next Health Talk on July 23, “Data to decisions: Using information to take action during COVID-19” with Timothy Lant, Will Humble and Scott Leischow.
- **Keep reading:** We’re leading students into a new era, not so differently than the characters in this week’s story, Make Way for Ducklings.

Silver Linings will take a break July 24 and will resume July 31. As always, we will stay in touch if any updates need to be communicated.
Take good care,

Deborah
Deborah L. Helitzer, Sc.D.
Dean and Professor
College of Health Solutions
Arizona State University
550 N. 3rd Street
Phoenix, AZ 85004
Health North 5th floor
602-496-2511

For assistance with appointments or other information, please contact Daniel Eckstrom (Daniel.Eckstrom@asu.edu)