CHS family,

We have completed 13 weeks – one quarter of a year! – of working remotely. We have experienced so much change and responded with creativity and resilience. We have much to do to get ready to return to campus this fall, but in the meantime and throughout the summer, please keep these things in mind:

**Stay vigilant:** After so many weeks of the pandemic, our instinct is to let down our defenses. With rates of COVID-19 spiking in Arizona, it is more important than ever to stay vigilant with social distancing, face covering and self-care. The data are clear that consciously and consistently maintaining safety behaviors can significantly reduce our risk. To that end, earlier today President Crow announced that face coverings will be required for all ASU employees, students and visitors while in buildings effective immediately.

**Make time for yourself:** Please take time this weekend to be kind to yourself with activities that are both safe and enjoyable. Practicing mindfulness is one way to relieve stress. This week, CHS hosted two mindfulness sessions—one featuring our alumna Tiara Cash in a weekday session with the ASU Center for Mindfulness, Resilience and Compassion; and a Wednesday morning session with our mindfulness expert Ann Sebren who will continue these sessions through July. Make plans to join her next week!

**Connect with others:** The isolation of social distancing can be so difficult for those who live alone, especially the elderly. While a day of Zoom meetings can be tiring, I am grateful for the tools we have to keep in touch with each other. I encourage you to connect with those who have fewer social connections. A simple phone call, card or a visit via the patio or through the window is a nice way to lift the spirits of both you and the person you reach out to.

**Practice patience:** Seeing the same people and surroundings day after day as we continue staying at home can cause stress and irritation, but I encourage you to be patient and grateful for all the people in your life. For this week’s story time, I recorded the 2001 Caldecott Honor Book Olivia, the first in the popular series about a precocious, energetic little pig. I suspect that many of you who are parenting in the pandemic will relate when Olivia’s mother tells her at bedtime, “You wear me out, but I love you anyway!”

**Diversity and inclusion:** Last week, I announced that we would convene a committee to create a CHS diversity and inclusion council. As the summer progresses, we will have more information to share about this important work. On Wednesday, I joined ASU deans and
leaders in signing a statement to support #ShutDownSTEM, a grassroots effort of transitioning “to a lifelong commitment of actions to eradicate anti-black racism in academia and STEM.” I hope that you will read the statement and consider the suggested resources listed at the end.

Meanwhile, also take a moment to read this Times Higher Education interview with President Crow discussing how the disruption caused by COVID-19 is a chance for public universities to democratize access to higher education, differentiate their offerings and cooperate more deeply with each other.

The CHS family continues to impress me as we meet our challenges by working together and identifying solutions. Please keep emailing me at CHSDean@asu.edu with your thoughts and ideas for our safe return to campus or anything else you’d like to share.

Take good care,

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