



Resources for Faculty and Staff

Due to the recent incidents of violence and civil unrest across the country and around the world, some people may be experiencing increased levels of stress and anxiety. This may cause insecurity about the safety of your daily environment. While this is a completely natural response, it may be beneficial to recognize that most of these events are out of your control. Perspectives EAP provides a variety of resources to assist faculty and staff during challenging times. In addition to in-person counseling, EAP Clinicians are available 24/7 to provide telephone counseling. To speak with a counselor, call **800.456.6327**. Numerous resources are available online as reflected in the chart below. To access online resources: go to www.perspectivesltd.com and enter the **User ID: LOY500/password: perspectives**

<p style="text-align: center;">Thriving Through Change</p> <p><u>Skill Builders:</u></p> <ul style="list-style-type: none"> • Managing Change • Applying Emotional Intelligence in the Workplace <p><u>Online Webinars (Archived):</u></p> <ul style="list-style-type: none"> • Communication for Collaboration (2015) • Coping with Change (2015) • Disruptive Negative Thoughts (2015) • Building Resiliency (2013) <p><u>Articles:</u></p> <ul style="list-style-type: none"> • Coping with Change • Resilience: Building Skills to Endure Hardship • Dealing with Change • The Power of Your Attitude <p><u>Audio:</u></p> <ul style="list-style-type: none"> • Change is Inevitable • Deflating the Pressure 	<p style="text-align: center;">Violence and Anger</p> <p><u>Skill Builders:</u></p> <ul style="list-style-type: none"> • Recognizing and Responding to Symptoms of Violence • Conflict Intervention • Managing Disagreements <p><u>Online Webinars (Archived):</u></p> <ul style="list-style-type: none"> • You Make Me So Angry (2014) • Taking the Unknown out of PTSD (2016) • Path to Inner Peace (2103) <p><u>Articles:</u></p> <ul style="list-style-type: none"> • Post-Traumatic Stress Disorder (PTSD) • Post-Traumatic Stress Disorder (PTSD) – today • Post-Traumatic Stress Disorder (PTSD) –tomorrow • Anger Management • Anger: Events, Cues, and Control • Cool Rules to Break the Anger Chain
<p style="text-align: center;">Managing Stress</p> <p><u>Skill Builders:</u></p> <ul style="list-style-type: none"> • Managing Stress • Achieving Personal Goals <p><u>Online Webinars(Archived):</u></p> <ul style="list-style-type: none"> • Self-care: Remaining Resilient (2014) • The Mind Body Connection (2015) <p><u>Assessments:</u></p> <ul style="list-style-type: none"> • What is your Stress Index <p><u>Audio:</u></p> <ul style="list-style-type: none"> • Anger • Daily Relation tools • Optimism and Recuperation <p><u>Articles:</u></p> <ul style="list-style-type: none"> • Mindfulness Exercises • Positive Thinking : Stop Negative Self-talk to Reduce Stress • Stress Management – Know Your Triggers 	<p style="text-align: center;">Communication</p> <p><u>Skill Builders:</u></p> <ul style="list-style-type: none"> • Appreciating Personal Differences • Valuing Diversity • Basics of Effective Communication • Providing Effective Feedback <p><u>Online Webinars(Archived):</u></p> <ul style="list-style-type: none"> • Communication Skills for Collaboration (2015) <p><u>Articles:</u></p> <ul style="list-style-type: none"> • How Well Do You Manage Diversity? • Understanding Diversity • Cross Cultural Communication • Resolving Conflict Constructively and Respectfully • Listening to Clarify, Probe, and Reframe • Coping with Crisis in the Media: Part 1 • Coping with Crisis in the Media: Part 2



Resources for Students:

- The LUC Wellness Center: <http://www.luc.edu/wellness/> Call 773.508.8883 to speak with a nurse or to schedule an appointment.
- Campus Ministry: <http://www.luc.edu/campusministry/>
The Offices of Lake Shore Campus Ministry and Community Service & Action are located in the Damen Student Center, Suite 217.
The Offices for Water Tower Campus Ministry are located on the third floor of the Terry Student Center in Baumhart Hall.
Main telephone number for Campus Ministry is 773-508-2200.

Resources for the Health Sciences Medical, Nursing and Graduate Students:

- EAP Clinicians are available 24/7 to provide telephone counseling.
- In person sessions are available onsite (office in McGuire Hall). Call 800.456.6327 to schedule an appointment or speak to a counselor.
- Numerous resources available online as can be seen in the chart above. To access online resources: go to www.perspectivesltd.com and enter the **User ID: LUC500/password: perspectives.**
- HSD Campus Ministry: <http://hsd.luc.edu/ministry/> Call 708-216-3245 .
The Ministry Office is located in Stritch School of Medicine, Room 270.

Additional Resources for Staff and Faculty:

- Chris Murphy, Director, Staff Mission Formation, Faculty Staff Chaplain. Chris does a great job of providing spiritual guidance and balancing the care of the person. He can be reached at 773-508-7431 or cmurph3@luc.edu.