

## Self Care as We Care for Others

Dear Via Employees,

We have been sharing a lot of information with you over the last weeks which may, at times, seem overwhelming. Please know how much we appreciate all you are doing and want you to take time to focus on yourself to avoid compassion fatigue and burnout.

We have gathered several resources for Via employees that include some important self-care suggestions for caretakers in various roles during this crisis.

- [Via Employee Assistance Program \(EAP\)](#)  
Support, resources and information during this difficult time. EAP provides counseling services, financial resources and specific crisis support. Services are available online or by calling 888-828-3240. These services are completely confidential.
  - [EAP Coronavirus U.S. Digital Toolkit](#)
  - [EAP Coping With Uncertainty About The Coronavirus Webinar](#)
- [COVID-19 Toolkit For DSPs](#) – resources to help DSPs take care of themselves during the crisis
- More are available online: [www.ViaNet.org/COVID19-EmployeeResources/](http://www.ViaNet.org/COVID19-EmployeeResources/)

So, what are you going to do to take care of yourself this week? I've been going for walks when I get home and playing a marathon game of monopoly with my family that has lasted 2 weeks so far.

Take care of your basic needs and employ helpful coping strategies – ensure rest and respite during work or between shifts, eat enough and healthy food, engage in physical activity and stay in contact with family and friends.

We are stronger together and we will get through this crisis. Take care.

Sincerely,

*Lisa*

Lisa Walkiewicz  
President & CEO

**Please visit the Employee Resource page for FAQs, COVID-19 resources and communications.**

[www.ViaNet.org/COVID19-EmployeeResources/](http://www.ViaNet.org/COVID19-EmployeeResources/)

**Please contact the human resources department ([HR@ViaNet.org](mailto:HR@ViaNet.org)) with any questions or concerns.**