Self-reflection can be used for so much more right away... Just put the question in your mind, and let the answers come… Finally, don’t settle for only the first answers… Recognize what activities help you feel most like yourself?

This week consider taking some time for yourself beyond school and work. You may want to invent an intimate date to yourself, so you might as well enjoy the company.”

fashion designer Diane von Furstenberg said, “You’re always with yourself, so you might as well enjoy the company.”

Join the Illinois ACEs Response Collaborative on Thursday, April 9th, 10 AM CDT in part III of our webinar series on preventing burnout in healthcare, in which yoga therapist Aggie Stewart will discuss how yoga can be utilized as a self-care and employee wellness tool. Register at https://www.uta.edu/careers/student-services/VirtualServices.php

Some events require registration. The calendar in this email.

For All Students

Clean and Disinfect

Wear a facemask if sick

Cover Coughs and Sneezes

Stay Home If Sick

Clean Hands Often


If you believe you have contracted COVID19, please stay home and not come to school. Contact your course instructors first should you have any questions. Do not come to school if you are not feeling well. Find the Office of Students with Disabilities.

The Lockheed Program is set. If you cannot, you cannot.

To access the relaxation lessons, when in TAO’s homepage, click on My Pathways and select Calming Your Worry – Adult. Here, you can find a great series of lessons on this very topic, Thankfully, TAO (Therapy Assistance Online) has a wonderful and user-friendly platform.

You MATTER!

AWARENESS MONTH IS HEADING YOUR WAY!

TADO Tip #8: Relaxation

While the current climate of stress and uncertainty is more than challenging, finding ways to relax is so important. Thankfully, TADO (Therapy Assistance Online) has a wonderful and user-friendly platform.

You can find a great series of lessons on this very topic, including

• breathing, 
• grounding, and
• relaxation-based techniques

For more information.

Sorry for any inconvenience this may cause.

• Remote
• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote

• Remote