








Please join us for a 4-week series:
"PEOPLE" PEOPLE WORKING OR NOT WORKING IN ISOLATION:
Coping Tools for the Hospitality Industry

Mental Health Strategies for Dealing with Isolation	Service with a Mask: Managing Emotions and Stress during COVID-19	Lessons from Astronauts on Dealing with Isolation	Who am I? Finding Your Purpose in a Period of Unemployment
<p><i>Presented by:</i></p> <p>Dr. Deborah Beidel Pegasus Professor, UCF Director, UCF RESTORES</p> 	<p><i>Presented by:</i></p> <p>Dr. Alicia Grandey Professor of Psychology, Penn State University</p> 	<p><i>Presenter: TBD</i></p>	<p><i>Presented by:</i></p> <p>Dr. Connie Wanberg Professor & Industrial Relations Faculty Excellence Chair, Univ. of Minnesota</p> 
<p>UCF RESTORES, a clinic specializing in the treatment of trauma in the College of Sciences at UCF, has rapidly responded to community mental health needs during the COVID-19 crisis.</p> <p>Dr. Beidel will provide strategies to support mental health in times of isolation.</p>	<p>Service employees must frequently manage their feelings and expressions, a concept called emotional labor. COVID-19 work processes present unique challenges related to emotional labor.</p> <p>Learn strategies for dealing with the stress of emotional labor during COVID-19.</p>	<p>While COVID-19-related isolation is new to the hospitality industry, other occupations frequently deal with isolation on the job.</p> <p>Learn how astronauts support their health and performance in the face of isolation.</p>	<p>Using a life-planning model, participants will learn how to promote wellness in life domains despite employment-related changes.</p>
 <p>Thursday, Oct. 1, 2020 12:00 p.m. Zoom Registration Required</p>	 <p>Thursday, Oct. 8, 2020 12:00 p.m. Zoom Registration Required</p>	 <p>Thursday, Oct. 15, 2020 11:00 a.m. Zoom Registration Required</p>	 <p>Thursday, Oct. 22, 2020 12:00 p.m. Zoom Registration Required</p>