

Subject: Promoting Well-being with CED

From: Sonia Hirt

A MESSAGE FROM DEAN HIRT



Dear Students, Alumni, Faculty, Staff, and Friends of CED:

I hope this message finds you well. I applaud your efforts and continued dedication to our health, safety, and the continuous fulfillment of our university mission during the unique circumstances surrounding COVID-19. Many of us are using the lessons learned at or alongside CED to improve the world around us and we have been gathering stories from alumni, faculty, and students spotlighting their contributions to solving the crisis. We are excited to share these stories soon, so please keep checking our website and social media.

“In these challenging conditions, the first step is to stay informed and to be as kind to yourself as you are to others.”

This week, I wanted to focus on the importance of self-care. To emerge from this pandemic stronger than before, we should keep cool and composed as the pandemic is still with us. Many of us are working from home, striving to maintain our productivity without the benefit of face-to-face communication. Some of us must balance caring for children, older adults, and pets along with our typical workload, all the while keeping our own health intact. In these challenging conditions, the first step is to stay informed and to be as kind to yourself as you are to others. Humans are social animals and being physically apart from each other can be deeply disturbing--physically and mentally. Here are some resources that may help:

- From UGA HR, two excellent documents: one on [Tips for Working From Home](#) and another on [Professional Development Activities While Working From Home](#)
- How to Maintain Your [Mental, Physical, and Financial Wellbeing](#)
- Students can contact sco@uga.edu for assistance with food, hygiene basics, remote learning, and financial support ([Here's our story covering UGA's recent approval of \\$600,000 for student assistance](#))
- UGA School of Law is providing [mediation for any legal conflicts that arise between family, roommates, partners, and even landlords](#). The service is free and confidential.

“In these challenging conditions, the first step is to stay informed and to be as kind to yourself as you are to others.”

I understand that the current environment is seriously impacting our productivity and emotional and social wellbeing. Please deliberately set aside time to promote your wellbeing.

Our students should be inspiration to us all. They have made the difficult transition to online instruction and continue to produce great work. Over the past few weeks, some two dozen students successfully defended their master’s theses and practicums on a variety of topics, ranging from history of early-twentieth-century planned communities to the complex role of public libraries in today’s society, from integrating edible gardens in playgrounds to the intersection of social media and historic preservation. These excellent students will soon be joining the workforce fully *Prepared to Shape Our World*.

If anything, the current circumstances have made clear the need for well-designed spaces promoting mental and physical wellbeing. Our students, alumni, faculty, and staff are shaping the world for the better, and I cannot wait to share their stories in the coming weeks.

Until next time,



Dr. Sonia Hirt
Dean and Hughes Professor in Landscape Architecture and Planning



PS: In case you missed it last week, [check out a video](#) from our faculty and staff in which they share their well-wishes with you all

CED's Excellence Fund



UNIVERSITY OF GEORGIA

College of Environment + Design

The University of Georgia Foundation is registered to solicit in every state and provides state specific registration information at <http://www.ugafoundation.org/charity>.

Our mailing address is:

University of Georgia
College of Environment and Design
Jackson Street Building
Athens, GA 30602

Contribute to Coronavirus Emergency Fund Support

[Privacy Policy](#) | [Unsubscribe](#) | [View In Browser](#)