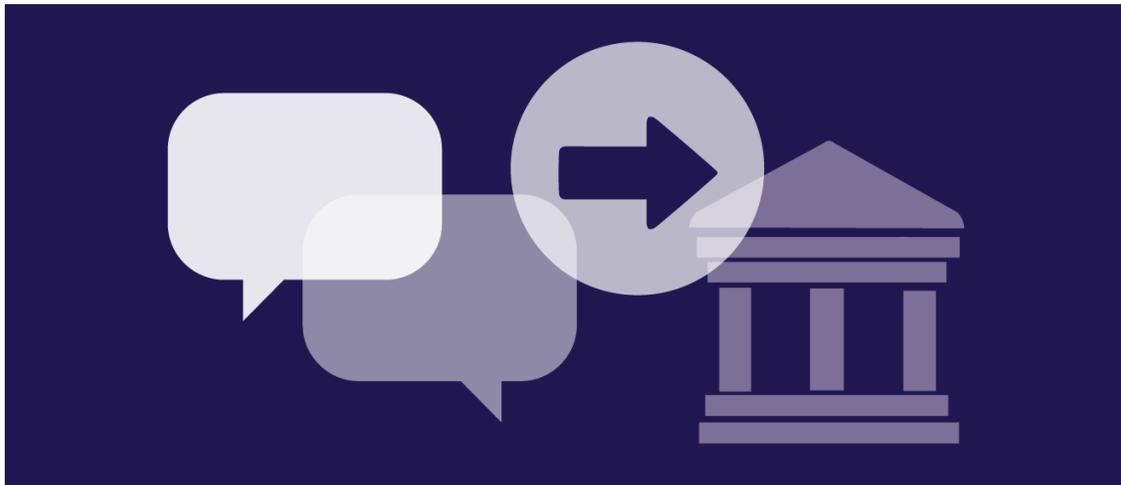




THE LEAFLET



News From BGD

Dear Members,

I write at this time with a heavy heart, knowing all of you are experiencing unforeseen challenges due the current crisis in the world. Please allow me to step outside my role and share some helpful advice I received from Professor Tal Ben-Shahar, the psychologist who oversees a program I completed last year. First and foremost, he said to give yourself permission to be human. As an example, I watched a movie last week that would make anyone cry (Cinema Paradiso), but not for the 45 minutes after it ended. Yet, I did that and clearly needed the release.

He said to embrace the negative emotions. Burying them exacerbates the pain. Next, exercise. There is a lot of research to prove the benefits of working out to relieve stress. Finally, he recommended keeping a gratitude journal or my preference, a gratitude “jar.” Insert daily positive thoughts about the good things

in your life. It pays to pause and reflect on them. You can buy one, or easily make up one of your own. Ask loved ones or co-workers to also collect notes for the jar. Then on bad days, read the positive thoughts to remind you of your good fortunes.

At HLC, we are doing our best to accommodate your requests. We have worked with the U.S. Department of Education on some waivers, but we cannot fully wave a magic wand. We are expected to document the success of any deviations from normal compliance issues and look forward to a deep dive debriefing in the future. Do take good care of yourselves; we will do everything possible to be responsive. I've been in your shoes at institutions. Know we realize your pressures as much as we can from a distance and have great faith you can find ways to navigate the choppy waters. Good health and good luck.

Barbara Gellman-Danley, President

