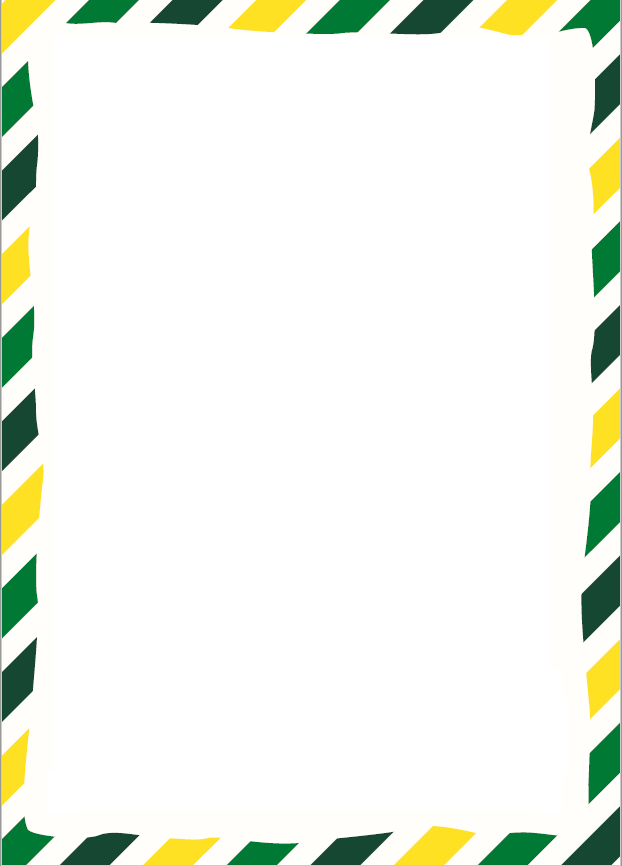
[](https://vpfa.uoregon.edu/everyday-inclusion-2023-inclusion-action)****

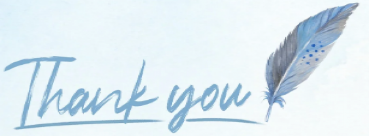
**Weekly Challenges Week 3: Aug 14-18**

1. **LEARN** about worsening [food insecurity in Oregon](https://link.pblc.me/c/727735637?alt_obj=hre&method=email&url=https%3A%2F%2Fwww.oregonfoodbank.org%2Fposts%2Foregon-hunger-facts&hash=7300d9&chk=0-c16dbe&u=b1cb72) and the impacts on [Oregon youth](https://link.pblc.me/c/727735637?alt_obj=hre&method=email&url=https%3A%2F%2Fwww.dailyemerald.com%2Fnews%2Foregon-fights-youth-food-insecurity%2Farticle_e0f648c6-35fd-11ee-b8f5-cb8115320195.html&hash=ad2853&chk=0-c16dbe&u=b1cb72). Explore [resources to share with students](https://link.pblc.me/c/727735637?alt_obj=hre&method=email&url=https%3A%2F%2Fbasicneeds.uoregon.edu%2Ffood&hash=303c59&chk=0-c16dbe&u=b1cb72), including the [Student Food Pantry](https://link.pblc.me/c/727735637?alt_obj=hre&method=email&url=https%3A%2F%2Fuostudentfoodpantry.weebly.com%2F&hash=276134&chk=0-c16dbe&u=b1cb72). Consider volunteering at the Grove Garden on Friday to support the student food pantry.

* <https://www.oregonfoodbank.org/posts/oregon-hunger-facts>
* <https://basicneeds.uoregon.edu/food>
* <https://uostudentfoodpantry.weebly.com/>

1. **REACH OUT** to a new colleague and ask if they’re finding everything they need. It’s hard to be a new employee at the university. If someone recently moved to the area, you can share [great bike rides](https://link.pblc.me/c/727735638?alt_obj=hre&method=email&url=https%3A%2F%2Fwww.eugenecascadescoast.org%2Fblog%2Fpost%2Ffamily-friendly-bike-paths%2F&hash=2cdd8b&chk=0-c16dbe&u=b1cb72), [awesome DJs](https://link.pblc.me/c/727735638?alt_obj=hre&method=email&url=https%3A%2F%2Feugeneweekly.com%2F2022%2F10%2F20%2Fbest-club-dj%2F&hash=db9f83&chk=0-c16dbe&u=b1cb72), where to [find handmade tortillas](https://link.pblc.me/c/727735638?alt_obj=hre&method=email&url=https%3A%2F%2Fwww.elmetatespringfield.com%2Findex.html&hash=a35447&chk=0-c16dbe&u=b1cb72), or any other info you have. Insider tips and offers to help can go a long way in creating a welcoming space.
2. [](https://www.ted.com/talks/luvvie_ajayi_jones_get_comfortable_with_being_uncomfortable)**MAKE** a note on your calendar of [**designated heritage and history months**](https://link.pblc.me/c/727735639?alt_obj=hre&method=email&url=https%3A%2F%2Finclusion.uoregon.edu%2Fheritage-months&hash=4286eb&chk=0-c16dbe&u=b1cb72) recognized at the UO. These can be a great time for learning and professional development around specific topics. <https://inclusion.uoregon.edu/heritage-months>
3. **BE THE DOMINO!**  Learn how by watching Luvvi Ayaji Jones share how to “Get comfortable with being uncomfortable”.

<https://www.ted.com/talks/luvvie_ajayi_jones_get_comfortable_with_being_uncomfortable>

1. **CONSIDER** the last time you received a handwritten thank-you note. When was that? How did you feel? Take a minute this week to send a short thank-you note to a colleague via Campus Mail (fancy stationery not required).

**IN-PERSON AND VIRTUAL ACTIVITIES: This week**

* **Tues, Aug 15, 10:30-11:30am**, Psychological Safety at work, Deborah Butler (VPFA office), online
* **Thurs, Aug 17, 2-3pm**: Inclusive Yoga - Balancing Action with Rest, Louise Hutson (HR), Rec Center 283
* **Fri, Aug 18, 9-11am**: Grove Community Garden drop-in volunteer session

*\*\*Register in MyTrack or contact Debbie Sharp at* [*dsharp@uoregon.edu*](mailto:dsharp@uoregon.edu)*/541-346-3096 to sign up\*\**

**Everyday Inclusion 2023**: <https://vpfa.uoregon.edu/everyday-inclusion-2023-inclusion-action>