



Office of University Relations

5th August 2020

From the President's Desk

Today is the first day in a two-week national lockdown. I hope that everyone is as prepared as can be. We must use this lockdown to help stop the spread of COVID-19 in our immediate communities and our country. Overcoming the novel coronavirus is a delicate balancing act, as the situation is new to us and extremely dynamic. The same is true for our lives during this time. Many of us are extremely stressed and overwhelmed, having to balance home life and work life in the same space, with different distractions, as we worry about our health and safety.

During this time, whether you are able to work from home or not, I encourage you to pay a little more attention to yourself. Many of us may be isolated and feel all alone, missing genuine human interaction. Some of us may feel like our freedom has been taken away. Please remember that if you are feeling sad, experiencing anxiety or becoming depressed, you must make a conscious effort to fight those feelings. It's important to seek a listening ear in times like these and lean in to self-care.

Black feminist author and poet Audre Lorde wrote, "I have come to believe that caring for myself is not self indulgent. Caring for myself is an act of survival." None of us has lived through a pandemic before. As we do, we are learning new ways to survive and I fully believe that self-care helps. Self-care can be as simple as taking an hour to sit in a quiet space and meditate; it can be a cup of tea; a phone call to a friend, or unplugging from social media. It can also be a call to a professional ear for help.

I want to encourage you to reach out to your co-workers and students to check in on them and spread a little encouragement. Send your supervisor an email, WhatsApp note or text if you are having a rough time and need a break or an extension. We all have our bad days, but we can overcome them together.

The Ministry of Health, Mental Health and Psychological Services has free assistance and support (MHPSS Helplines: 819-7652; 812-0576; 816-3799; 815-5850) for anyone needing help. Please continue to send inspiring quotes or scriptures to presidentsoffice@ub.edu.bs. I have been inspired by those shared so far and I thank each of you who took the time to write an email with encouraging and inspiring words. As we continue sharing weekly words of encouragement, I will begin sharing some of your words of wisdom and special quotes. Until then, please stay safe and be encouraged.

Rodney D. Smith, Ed.D.

Office of University Relations
University of The Bahamas
2nd Floor, Michael H. Eldon Complex
Oakes Field Campus
P.O. Box N-4912
Nassau, The Bahamas
Tel: (242) 302-4355/4354/4365

Chartered on 10th November 2016, University of The Bahamas (UB) is a beacon for national transformation. Approximately 5,000 students are enrolled in the University of The Bahamas system which includes campuses and centres on New Providence, Grand Bahama, and San Salvador, as well as UB online education. UB's diverse academic programmes, research engagements, athletics and leadership development experiences equip our students to become global citizens in a dynamic world. For more information, visit www.ub.edu.bs.