It pains us to write yet another message about a horrific incident that has occurred in our nation.

Yesterday, we learned of the mass shooting at Robb Elementary School in Uvalde, Texas that took the lives of 19 children and 2 teachers. We want to acknowledge that these incidents hit home and impact many of us, including our students, physically, emotionally, and mentally.

This month, we also witnessed communities decimated by actions driven by senseless and inconceivable inhumanity: shootings in a majority Black community in Buffalo and a Christian church in southern California whose congregation is mostly of Taiwanese descent. Similar to previous incidents at the Tree of Life synagogue in Pittsburgh (2018), the Emmanuel AME church in Charleston (2015), the Walmart in El Paso (2019), these incidents are a reminder of the many individuals who have lost their lives at the hands of mass shootings.

During this time when we may be asked to be strong and support others, we encourage you to take care of yourself. Engaging in self-care can be difficult as many of us are in the middle of end of year work tasks. Here are some ways to prioritize yourself during difficult times:

- Say no – to tasks you do not want to do or do not have the capacity or time to do.
- Say yes – to help.
- Say thank you with no apology, regret or shame.
- Ask for help.
- Delegate tasks.
- Protect your time – do not overcommit.
- Ask for space – we all need time for ourselves.
- Speak up if you feel uncomfortable with how someone is treating you or when your needs are being infringed upon.
- Honor what is important to you by choosing to put yourself first.
- Drop the guilt and allow others to be responsible for themselves.
- Share personal information gradually and in a mutual way (give and take).

We hope that by setting boundaries, you can find space to process the impact and harm that may have been (re-)created for you and your communities. As an association we will be holding a space for our members in the near future so that we may come together as a community.