SUMMER 2021 WEBINAR SERIES: BUILDING YOUR STUDENT ENGAGEMENT TOOLKIT

July 14 to August 11, 2021
12 noon to 1:00pm
RUNNING ON EMPTY DURING THE PANDEMIC: MANAGING OUR OWN MENTAL HEALTH AND EMOTIONAL WELLBEING IN THE YEAR AHEAD

August 11, 2021
“I’m not just the President, I’m also a client.”
What the Heck Happened Last Year?

This is depressing:

- “Big T” versus “Little T” Trauma
- Physical distancing = inability to connect with one another
- Trauma led to a decrease in empathy
- Individual and collective grief
- Trauma/Fear + lack of connection + grief = anger
  - Decrease in connection between faculty/staff and students gave rise to an angry and vociferous mistrust in the institution
What Happened to Our Jobs Last Year?

- More pressure to produce
- Boundaries between job and personal life became more diffuse
- Didn’t give people control and flexibility
- Zoom fatigue
- We didn’t recognize the extent of people’s struggles

RECIPE FOR BURNOUT
Definition of burnout: we’re thinking about it all wrong

- World Health Organization’s definition of burnout:

“A syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed.”
Specific Challenges for the Year Ahead of Us

Forbes article (8 Reasons Why This Year Might Be the Hardest Yet for Higher Ed) mentions things we need to look out for:

- Expectations will be sky-high
- Students demand both in-person and online
- Continuation of unruly behavior?
Part II: Managing This Stuff
Boundaries

• System / department level
  • “Scope of Practice”
  • Easier to give less in the beginning and give more later
Boundaries

- Personal Boundaries
- Why is this so difficult?
- Human Giver Syndrome
Connection

• Why is connection important?
• Brené Brown: “Move a Body Friend”
Completing the Stress Cycle

• Emotions are tunnels with a beginning, middle and end
• Stressor ≠ Stress Response
• To complete the stress cycle:
  • Move your body
  • Sleeping
  • Breathing
  • Affection
  • Crying
  • Creativity
Identify and Articulate Your Support Needs

- Figuring out what your needs are
- Effectively advocating what you need
THANK YOU
Thank you for Attending the Series!

• Please complete the survey for the webinars you attended.
• Recordings of all webinars will be available through CETL and SPS Faculty Resource site on Moodle.