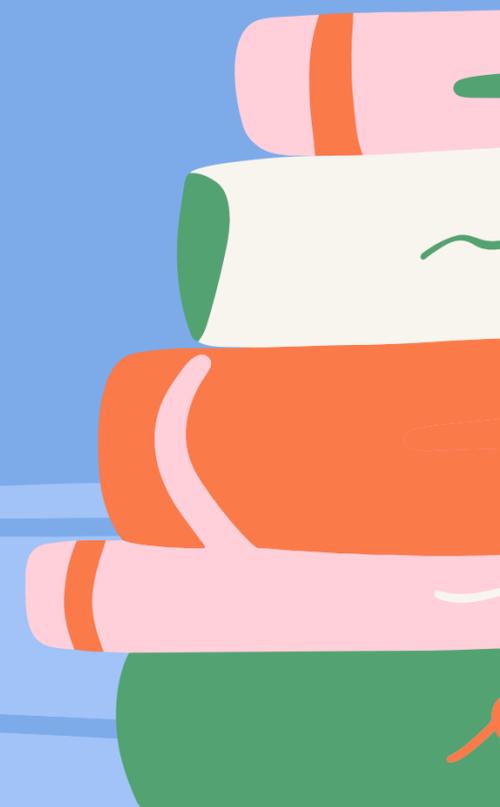


Wellness Symposium 2021 Resource Booklet



LAFAYETTE
CENTER FOR THE INTEGRATION OF
TEACHING, LEARNING, AND SCHOLARSHIP





Wellness Symposium

January 25, 2021

Session Descriptions

Sharing Our Strategies for Taking Short, Daily Sabbaticals during the Spring 2021 Semester

Busyness is pervasive in many of our work lives, but taking breaks is critical for us to be our best selves. During this session we built a list of ways to take a daily sabbatical during the upcoming semester.

Sharing Our Wellness Strategies as BIPOC Educators

Black, Indigenous, and People of Color (BIPOC) who work with students in any capacity can face distinct challenges and stressors (imposter syndrome, belonging, bias, racial injustice). During this session we discussed issues facing BIPOC educators and how we can thrive.

Sharing Our Wellness Strategies as Non-tenure-Track Faculty

Non-tenure-track faculty can find themselves job hunting, working at multiple institutions, engaging in outside full-time employment, while simultaneously providing education to students. We discussed how we can create strategies to maintain wellness amidst these pressures and stressors.

Reminding Ourselves of the Joys of Being an Educator

We all have our personal reasons why we decided to teach and many of us can share those priceless moments with students that encourage and confirm this career path. During this session we dedicated time to share our reasons and moments to remind ourselves of the joys of what we do.

Sharing Digital and Tech-Free Tools for Wellness

There are so many tools out there that can support wellness both digital and tech-free. During this session we discussed several of them and shared how we've used them and why we like them.

Journaling for Wellness

Writing can be a powerful way to reduce stress. Just a few minutes of a day can go a long way. During this session we discussed strategies for journaling for wellness.

Sleep is Fuel: How to Develop Good Habits During a Busy Spring Semester

Sleep is critical to restoring the body. It is critical for maintaining good health and for us to do our best work. In the midst of emails, deadlines, grading, prep, meetings, programs and more, we must not neglect sleep. In this session, we reviewed some of the adverse effects of inadequate or poor sleep, and what we can do to maintain good, healthy sleep, in preparation for the spring semester.

Healthy Eating for the Busy Professional and Virtual Recipe Swap

Eating right helps contribute to feeling good and long-term health. During this session we discussed healthy eating and exchanged our most prized recipes.

Maintaining Your Exercise Routines During the Pandemic

Exercise makes us feel good and have better health outcomes. Video conferencing and social distancing have created some challenges for us to succeed in this realm. How can we still have good exercise routines during the pandemic?

Volunteering During the Pandemic

Giving to others is mutually beneficial and can also increase our own happiness. What opportunities are there to volunteer during the COVID-19 pandemic in the Lehigh Valley area? We discussed these during the session.

