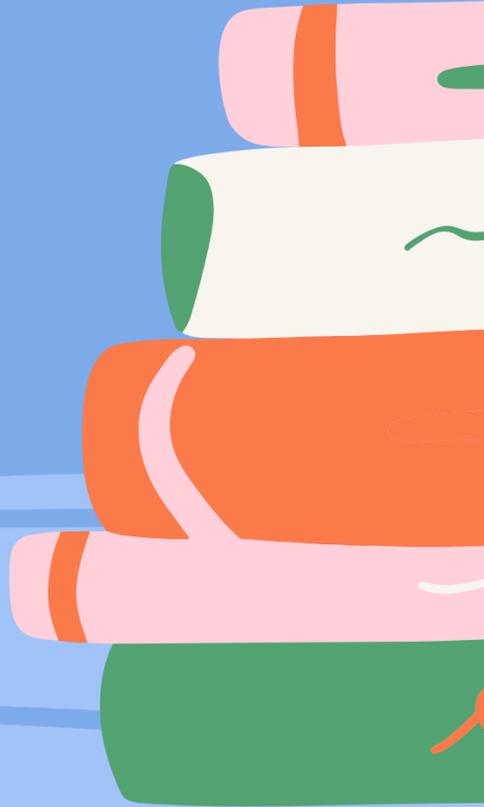


WELLNESS STRATEGIES FOR NON-TENURE TRACK FACULTY

Manuela Borzone, Lafayette College



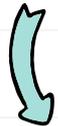


WELLNESS STRATEGIES FOR NON-TENURE-TRACK FACULTY

Manuela Borzone
CITLS, Lafayette College

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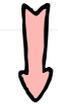
Raffle!

03



Sharing Our
Strategies

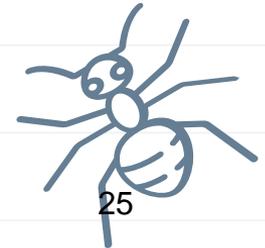
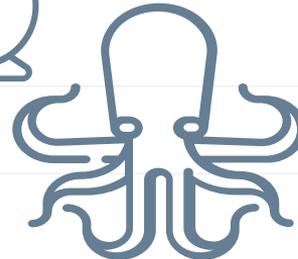
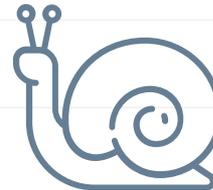
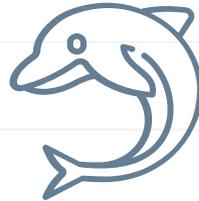
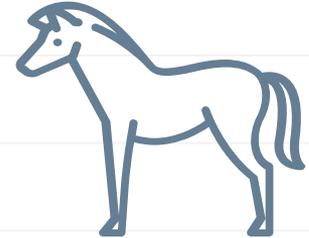
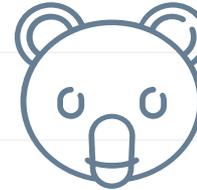
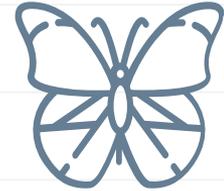
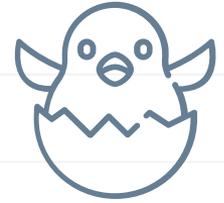
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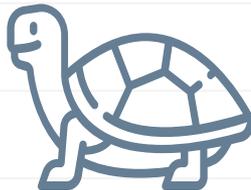
Wrap-up

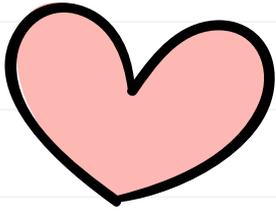
INTRODUCTIONS

- Name
- Discipline/Department
- Institution
- Which animal best describes how you feel about work?



01





"MOST OF US LIVE IN CONSTANT STRESS, WHICH MEANS WE'RE OFTEN RUNNING ON EMPTY. MANY DAYS WE WAKE UP WISHING LIFE COULD BE DIFFERENT.AND THEN WE FEEL EVEN WORSE."

-- Markham, 2014

02



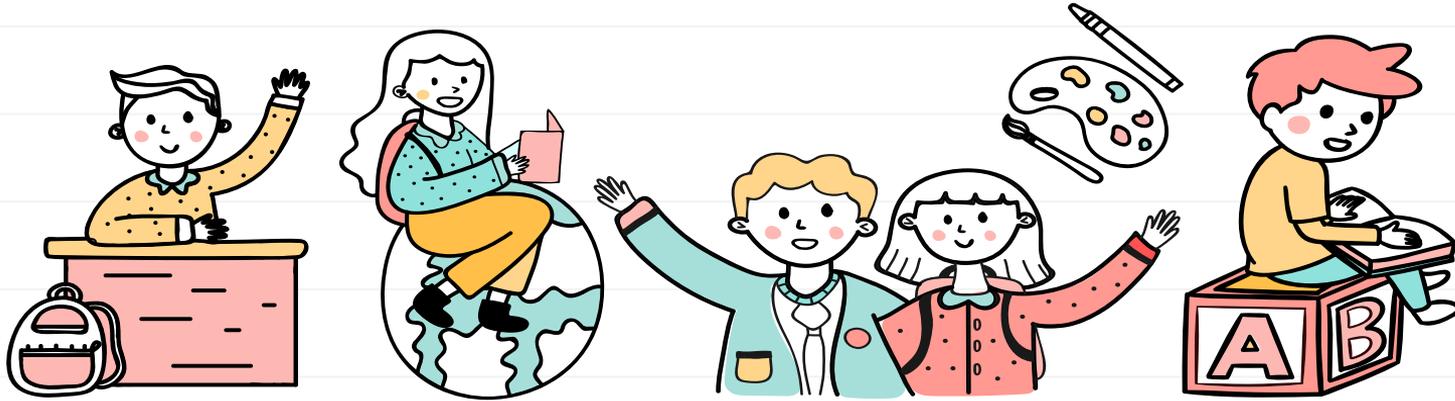
QUICK POLL:

Turn your camera off if the first thing that goes out the window when you have a deadline is your self-care/wellness routine



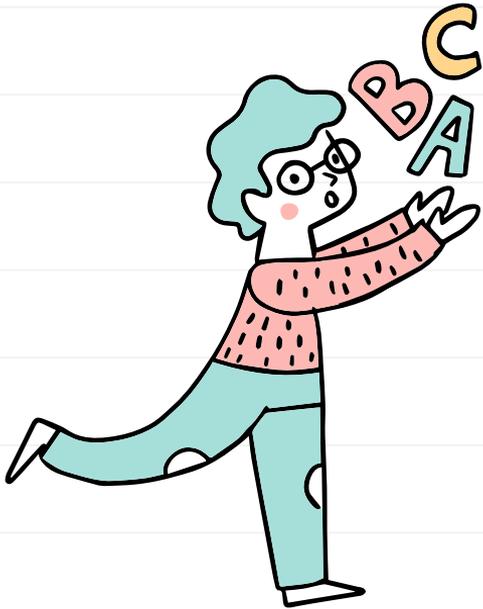
RAFFLE!

Prize: Tea Maker & Tea Set OR Professor Mug

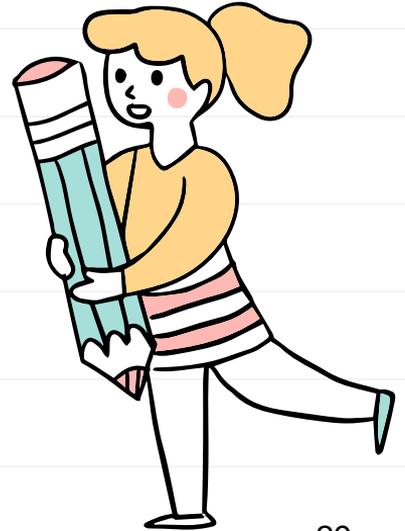


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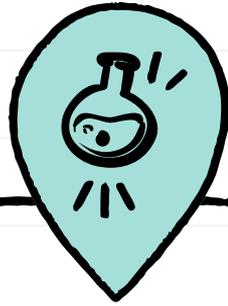
WHAT CAN WE DO?



Cultivating wellness and building strategies that support us early on can help us cope through the most stressful times of the semester and the year. Rather than leaving the activities that replenish us for last (and therefore, when we are more likely to not do them after a long day), start the semester by paying yourself first.

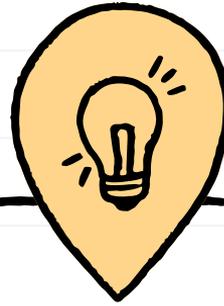


03



CHALLENGES

Make a list of the challenges you face in maintaining your sense of wellness.



STRATEGIES

Share your strategies for wellness (even if you don't always manage them!)

SOME STRATEGIES

WALKS

Call a friend, hike in nature, go around the block, park away from store entrance

JOURNAL

Journaling can be a great way to take something off your mind!

CRAFTS

Paper crafts, painting, crochet, knitting, embroidery help with anxiety. Learn on Youtube.

SPIRITUAL

Connection to a greater power, community, reflective

UNPLUG

Disconnect from devices on specific days, turn off screens & prioritize sleep

GAMES

Board and video games can help you connect with friends and family and have a good time

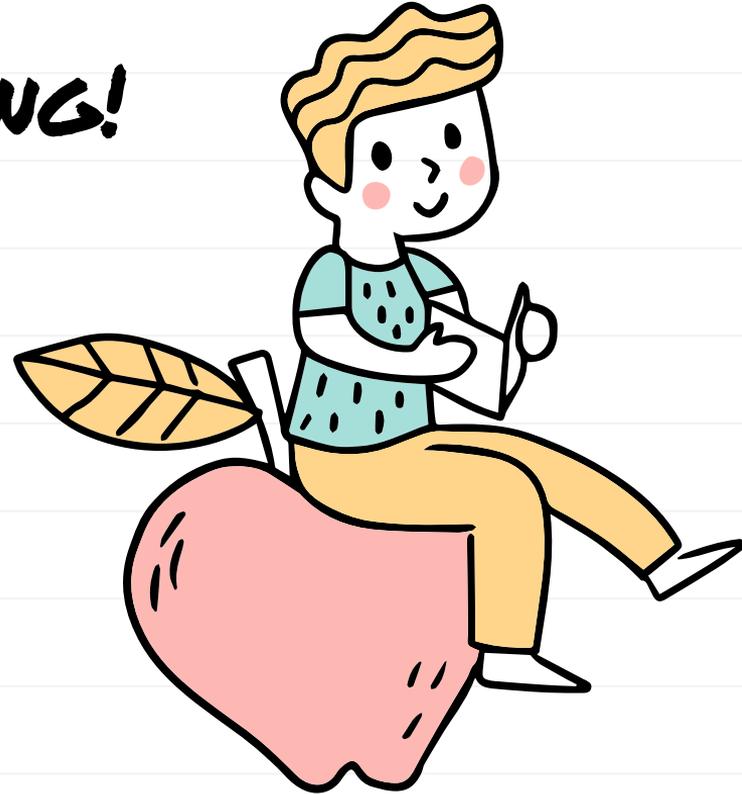
THANK YOU FOR COMING!

Have a wonderful semester!

- Erin Marie Furtak, Ph.D. "[Time for Radical Self-Care](#)"
- [Mindfulness: How It Can Help Amid the COVID-19 Pandemic](#)
- [How Walking Changes Us](#)

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**Wellness Event for Academics:
Kicking off the Spring 2021 Semester**

1C.Wellness Strategies for Non-tenure Track Faculty. Moderator: Manuela Borzone, Assistant Director, CITLS, Lafayette College.

Please share challenges you have experienced maintaining wellness and strategies that have worked for you.

Challenges	Strategies
Snacking too much	Limiting to ¼ cup of something healthy--nuts, raisins, fruit, etc.
Feeling disconnected from colleagues/loneliness	Schedule regular, informal weekly check-ins with team members
Not exercising regularly	Putting it on my calendar; pairing up with an accountability buddy to check in with
Working into the evening in order to finish a project	Be more intentional about work/life boundaries Using Gmail “scheduled send” option
The Zoom/sitting slouch and back tension	Taking hourly breaks and doing 5-10 minute mini exercise session https://www.nytimes.com/2021/01/04/well/move/for-an-exercise-snack-try-the-new-standing-7-minute-workout.html
Not getting enough exercise.	Use a step counter to track physical activity.



Notes & Ideas:

From Erin Marie Furtak, Ph.D. "[Time for Radical Self-Care](#)"

Self-care is beneficial for us but also models good practices for students and those around us. Rather than having back-to-back Zoom meetings, take ten minutes for a short walk between them.

Build small bits of mindfulness into your daily routine can be as simple as smelling the air and touching trees when you go outdoors, or even taking a moment to smell the herbs and vegetables as you prepare a meal.

[Mindfulness: How It Can Help Amid the COVID-19 Pandemic](#)
[How Walking Changes Us](#)