

CSU Faculty Self Care Resources

CSU Resources

CSU Employee Assistance Program/ IMPACT

https://www.csuohio.edu/sites/default/files/vh_IMPACT_at_a_glance_for_Cleveland_State_University.pdf

CSU HR – Work/Life Balance Resources

<https://www.csuohio.edu/hrd/worklife-balance-stress-management>

Internet Resources for Countering Racism

<https://www.csuohio.edu/counselingcenter/resources-for-countering-racism>

CSU Counseling Center Supported Apps

<https://www.csuohio.edu/counselingcenter/resources-7>

Other Faculty Self Care Resources

Articles

Avoiding Burnout: Self-Care Strategies for Faculty --

<https://www.facultyfocus.com/articles/faculty-development/avoiding-burnout-self-care-strategies-faculty/>

Self-Care Strategies for Educators During the Coronavirus Crisis Supporting Personal Social and Emotional Well-Being -- <https://files.eric.ed.gov/fulltext/ED605940.pdf>

Harvard Graduate School of Education -- <https://www.gse.harvard.edu/news/20/12/harvard-edcast-prioritizing-self-care-practice>

Toolkits

- Missouri State University Faculty Self Care Resources
<https://www.missouristate.edu/Provost/facultyselfcare.htm>
- University of Michigan – Self Care & Healing
<https://ssw.umich.edu/offices/diversity-equity-inclusion/toolkit/self-care>
- NYU -- <https://www.nyu.edu/life/global-inclusion-and-diversity/learning-and-development/toolkits/faculty-digital-inclusion/faculty-self-care.html>
- Resilient Education Toolkit - <https://resilienteducator.com/collections/covid19/>
- University at Buffalo -- <http://socialwork.buffalo.edu/resources/self-care-starter-kit.html>

Courses

The Science of Well-Being – free course at Yale –
<https://www.coursera.org/learn/the-science-of-well-being>

Videos

Emily & Amelia Nagoski, Burnout - XOXO Festival (2019) –
<https://www.youtube.com/watch?v=BOaCn9nptN8>

American Sociological Association – Dealing with Academic Burnout --
<https://www.youtube.com/watch?v=G4zWHO368k8&feature=youtu.be&fbclid=IwAR2SvoqsN3ASST0H-M-6wiTFdIB1gG09FRR-DDx24ERgUCUL7-Dxz6vaRkY>