

# **All Staff Council Minutes**

**2.14.2019**

Attendees: Janet Barton, Keith Gamblin, Jeff Gibson, Melissa Hightower, Pam Madden, and Jenna Welch

Guests: Lindsey Eggleston and Kristen Barrick

- I. Guest Speaker: Counseling Center on Self Care
  - a. Informed Council of the Counseling Center services
    - i. FREE mental health counseling for currently enrolled, academic students (10 sessions per academic year)
    - ii. By appointment only, unless crisis
    - iii. Located in SSC 228, 371-5900
    - iv. Short-term solution center
  - b. Resources for employees
    - i. 3 free counseling sessions offered through EOD
    - ii. TAO (Therapy Assistance Online)
      - 1. Online pathways to assist employees with mental health (ex. Mindfulness)
  - c. Why is self-care important?
    - i. Avoid burnout, be more productive, increased self-esteem/self-worth, feel more resilient, be a better caretaker for others – “You can’t pour from an empty cup”
  - d. The Balance Wheel activity (see PowerPoint)
  - e. Self-care ideas (not one size fits all):
    - i. Career
      - 1. Reflect on your career goals, join a committee, assist with a project, know when to say no, ask for help, don’t take work home with you, etc.
    - ii. Community
      - 1. Join a faith community, start a hobby, ask a coworker to lunch, be brave and show up, etc.
    - iii. Environmental
      - 1. Create a space you want to be in, spend time in nature, put up pictures of people you love, oil-diffuser in office, etc.
    - iv. Financial

1. Meet your basic needs, then have some extra to spend how you want. Invest in experiences, not just things.
- v. Romance/Intimacy
  1. Make connections with other humans with which you feel safe to remove the “social mask.”
  2. Watch Ted Talk “The Power of Vulnerability” by Brene Brown.
- vi. Health/Physical Wellbeing
  1. Exercise, nutrition, sleep.
- vii. Spiritual/Emotional Wellbeing
  1. Meditation/prayer, religion, take time to process emotions, “I don’t like it, but I can stand it,” etc.
- viii. Social Wellbeing
  1. Make time for fun, make time to laugh, endorphins, etc.
- f. Stages of Change
- g. Chemicals of the Brain (see attachment)
- II. Approval of Minutes
  - a. Sent via email – approval still pending
- III. President’s Report – Dr. Russell Lowery-Hart
  - a. Receiving major award next week, will be live streamed.
  - b. Board meeting tomorrow to decide on bond for Master Plan.
    - i. More details in No Excuses Meeting.
- IV. Updates on any events across campus
  - a. Hosting elementary school UIL academic competitions on campus—a total of 1400 students.
  - b. Student Life—Coach Sherry Winn Lecture on 2/19 @ 6 PM in Student Life, RZIM Lecture 2/21 @ 11:30 AM in Concert Hall Theatre.
  - c. Theatre show “The Tempest” opens this weekend.
  - d. West Campus hosting high school student tours.
  - e. Robotics Competition March 7<sup>th</sup> – 9<sup>th</sup> at the Civic Center.
- V. Open Forum/Announcements