



Faculty Mental Health and Wellness

The pressures of academia, combined with personal responsibilities, can sometimes lead to stress, anxiety, and other mental health challenges. It's essential to prioritize mental health and wellness to ensure a productive and fulfilling academic career.

Regular Breaks

Take short breaks during your workday. They can help to refresh your mind and reduce stress.



Peer Support

Regularly connect with fellow faculty members. Social contact has important psychological benefits.

Set Boundaries

Set clear boundaries between work and personal time. It can be helpful to have a set "log off" time each day.



Exercise and Meditation

When you're overly stressed, try meditating for 5 minutes to calm down your thoughts. Regular physical activity and mindfulness practices can significantly improve mental well-being.

Professional Help

Don't hesitate to seek professional counseling or therapy if needed. Seeking help from a mental health professional is nothing to be ashamed of.



Celebrate Yourself

Recognize and celebrate your achievements, no matter how small. Taking a moment to acknowledge your accomplishments can boost your confidence and overall mental well-being.

Let's Talk!

- How do you prioritize self-care amidst your academic commitments?
- Have you ever felt overwhelmed with academic responsibilities? How did you cope?
- What role can the institution play in supporting faculty mental health?
- How can peers and mentors provide support during challenging times?
- How do you manage the expectations of students, colleagues, and the institution while also taking care of your own mental health?



Campus Resources

UA EMPLOYEE ASSISTANCE PROGRAM (EAP)

Confidential - Counseling Services - Work-Life Services - On Site Crisis Intervention

Eligible employees and dependents may receive up to **five (5) free face-to-face sessions** per episode per year to address pressures associated with marital and family issues, grief and loss, interpersonal relationship difficulties, and more.

<https://hr.ua.edu/wellness-work-life/employee-assistance-program>

UMC FACULTY STAFF HEALTH RESOURCES

Medical Care - Mental Health Care

<https://umc.ua.edu/umc-wellness-clinic/>

CAPSTONE FAMILY THERAPY CLINIC

The University of Alabama's Capstone Family Therapy Clinic provides the community with help in resolving personal problems. We work with individuals, couples, and families in clarifying issues, exploring options, and finding solutions to your problems.

<http://www.hdfs.ches.ua.edu/capstone-family-therapy-clinic.html>

inhale 2... 3... 4

rest 2... 3... 4

breathe



hold 2... 3... 4

exhale 2... 3... 4

ZENCARE.CO



**Feeling stressed?
Overwhelmed?
Need a reset?**

Try square breathing.

- Inhale for four counts.
- Hold and rest for four counts.
- Exhale for four counts.
- Hold and rest for four counts.
- Repeat.

Mentoring Program Dialogue Sparker
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