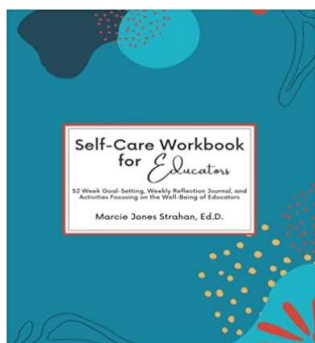


Faculty Self-Care Book Club and Workshop Series

Academic life is both rewarding and stressful. Self-care practices can help faculty members find more meaning in their work, be more productive, and cope better with the stresses that are sure to occur. This workshop series sponsored by an APSCUF Healthy Initiative grant, will help faculty explore common stressors and healthy self-care practices. Funded by a grant by APSCUF and sponsored by IUP Libraries and the IUP Center for Teaching Excellence.

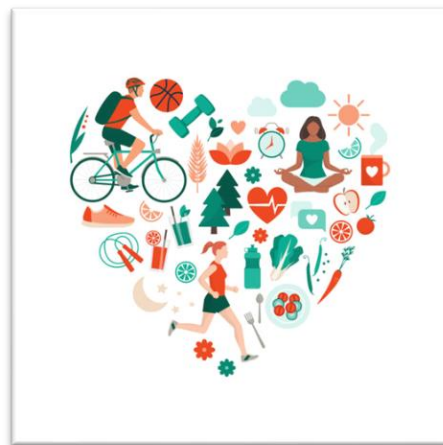
Session One: Self-Care for Educators Healthy Lifestyle Initiative Kick-off Meeting. (September 9, 11:30 a.m. to 12:30 p.m. 101 Stabley Library and Zoom).



At this wellness initiative kick-off session, we will distribute copies of the *Self-Care Workbook for Educators* and facilitate introductory activities to help participants intentionally plan for a healthy semester. [Zoom](#) Meeting ID - 494 804 5424.

Session Two/Three: An Evening of Art and Wellness. (October 6, 5:30 to 7:30 p.m. Allenwood.)

Join us this interactive session that will combine dinner, discussion, and artistic expression. Dr. Emily Lasinsky, will lead participants in an activity designed to help faculty explore art and wellness, share their positive methods of stress reduction, and plan for a healthier, happier semester.



Session Four: Nutrition, Hydration, and You: Tips and Tricks for Incorporating Healthy Eating and Hydration into Your Busy Semester. (November 11, 11:30 a.m. to 12:30 p.m. Zoom.)



Dr. Stephanie Taylor-Davis and IUP nutrition/dietetics students will lead this interactive session on easy and tasty ways to improve nutrition and hydration. Door prizes will include bento boxes and cookbooks. [Zoom](#) Meeting ID - 494 804 5424.

Session Five: Creating Boundaries that Align with Your Values. (January 20, 11:30 a.m. to 12:30 p.m. Zoom.)

Maintaining appropriate boundaries is essential to prevent faculty burnout. In this interactive workshop, Dr. Emily Lasinsky will discuss various types of boundaries and how stress may arise when boundaries and core values are in conflict.

[Zoom](#) Meeting ID - 494 804 5424.



Session Six. Growing Wellness: Self-Care Plan Action List Workshop (Date and Location TBD).



Gardening has been linked to improved health and well-being. In this session, information on the connection between gardening and health will be explored and participants will do a gardening activity that will result in a plant to take home. The session will culminate with a building a self-care toolkit activity. [Zoom](#) Meeting ID - 494 804 5424.