

Well-Being Resources for Faculty

The following is a list of curated resources intended to serve as suggestions on how to support the well-being of ourselves, our students, and our community. While this list of resources is far from complete, this list will be periodically updated. We at the Reinert Center hope this provides a space to help prioritize care in our work and interactions with others.

If you or someone you know is experiencing feelings of distress, get help by any of the following:

- Call 911 immediately if you are facing a life-threatening emergency
- National Suicide Prevention Lifeline: 1-800-273-TALK (1-800-273-8255)
- Behavioral Health Response (nonemergency 24-hour hotline): 1-800-811-4760
- Consult with an on-call University Counseling Center staff member at 314-977-8255 (TALK). [[LINK](#)]
- Employee Assistance Program (EAP): (800) 859-9319 [[LINK](#)]

[General Tips](#)

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General Tips

The following is a brief list of universal considerations to help one another through this time.

- **Keeping perspective.** Take time away from the news to focus on things in your life that are going well or that you can control.
- **Follow trusted expert resources:** Turn to resources that provide research-backed information. [[WHO-LINK](#)] [[CDC-LINK](#)]
- **Maintain a consistent daily schedule:** Including a regular sleeping routine.
- **Take breaks:** Move away from your computer from time to time. Use a timer to help maintain focus or practice the Pomodoro technique. [[LINK](#)]
- **Move your body:** Explore ways to stay active. If you do not have an exercise plan, consider simple ways to keep moving and active. [[LINK](#)]
- **Eat healthily:** Prioritize eating healthy foods and drinking water. Avoid excessive amounts of caffeine, sugar, and alcohol.
- **Take time to renew your spirit:** Explore ways to practice meditation, prayer, and consider ways to help others in need. Consider visiting SLU's Campus Ministry site - "We Re-Member SLU" to discover ways we can connect, grieve, and celebrate as a community. [[LINK](#)]

Well-Being / Self-Care Articles for Faculty

Darby, F. (2020). How to be a better online teacher: Advice guide. Retrieved from *The Chronicle of Higher Education* <https://www.chronicle.com/interactives/advice-onlineteaching#article>

Freeman C., & Clare, B. (2016). Avoiding burnout: Self-care strategies for faculty. *Faculty Focus*. Retrieved from <https://www.facultyfocus.com/articles/teaching-careers/avoiding-burnout-self-care-strategies-faculty/>

Forman, T. (2017). Self-care is not an indulgence. It's a discipline. *Forbes.com*. Retrieved from <https://www.forbes.com/sites/tamiforman/2017/12/13/self-care-is-not-an-indulgence-its-a-discipline/#73bbbed81fee0>

Gooblar, D. (2018, Apr. 3.) 4 ideas for avoiding faculty burnout. *The Chronicle of Higher Education*. Retrieved from <https://www.chronicle.com/article/4-Ideas-for-Avoiding-Faculty/243010>

Well-Being Resources On Supporting Students

- Identifying Students in Distress - Saint Louis University Counseling Center [[LINK](#)]
- Identifying and Supporting Struggling Students in Online Courses (Faculty Focus) [[LINK](#)]
- Prioritizing Compassion into Online Curriculum Design (The Chronicle of Higher Education) [[LINK](#)]
- Coping With Coronavirus: How Faculty Members Can Support Students in Traumatic Times (The Chronicle of Higher Education) [[LINK](#)]
- How Universities Can Support Students' Mental Health Amid Covid-19 Crisis [[LINK](#)]
- How to Get People to Actually Participate in Virtual Meetings (Harvard Business Review) [[LINK](#)]

Well Being Resources for Families and Community

- Coronavirus and Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks (APA) [[LINK](#)]
- Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (COVID-19) (NCTSN) [[LINK](#)]
- Tips for Coping when Quarantined with COVID-19 Family Members (CSTS) [[LINK](#)]