Agenda

• Introductions
• Outline
• Tips/Strategies
• Glossary
• Final Thoughts
• Supplemental Resources
• Adjourn
Kimberly Freeman

Kimberly is the Associate Dean and Chief Diversity Officer for USC Dornsife. As Chief Diversity Officer, she is committed to enhancing the educational experience of Dornsife students and to establishing a welcoming, inclusive environment for underrepresented students, staff and faculty. She also supports mentoring and training initiatives related to diversity, inclusion, campus climate, civility, and equity. She and her team are also currently implementing a College-wide diversity strategic plan.
Disha Mahendro (she/her/hers) serves as the Director of Diversity Initiatives and Community Relations. As a vital member of the Office for Diversity team, Disha plays a critical role in bringing leading diversity, equity, and inclusion initiatives to USC Dornsife and in producing tangible insights that will guide our strategy forward.

She is currently pursuing her EdD at USC Rossier. As part of her graduate studies, Disha has worked with campus partners to implement a program for first-year students that focuses on Diversity, Inclusion, Cultural Awareness, and Equity (DICE).
Ilene Rosenstein

With over 30 years of experience in mental health, well-being, organizational psychology and positive psychology Dr. Rosenstein has impacted many to employ best practices.

As the Associate Vice Provost for Campus Wellbeing and Education in the Office of Campus Wellbeing and Crisis Intervention at University of Southern California, she works with faculty, staff, and student groups, offices, and departments helping them to heal, adapt and thrive. The aim of her work is to help her clients form deeper, authentic connections with others, their environments, and their most essential selves.

Dr. Rosenstein currently teaches in the USC Rossier School of Education. When focusing on her own wellbeing, she can be found hiking, reading, gardening, and spending time with her loved ones.
Reflection

1. What self-care techniques are you using?
2. What have you found to be most difficult to deal with during these challenging times?
3. What are you doing for fun?
Outline

Objectives

Overview

Outcomes
WHAT IS WELLBEING?

01. POSITIVE EMOTIONS
02. ENGAGEMENT
03. RELATIONSHIPS
04. MEANING
05. ACCOMPLISHMENT

USCDornsife
Dana and David Dornsife
College of Letters, Arts and Sciences
Self-Care as Faculty/Staff

- Set reasonable expectations of what you can do
- Know your role
- Reflect: Did you do your best and match your values?
- Consult with colleagues or supervisor about your feelings, plans, and expectations
- Do good things for yourself
  - Use resources
  - Be self compassionate
Tips and Strategies to Practice Self-Compassion

Practice Forgiveness

Employ a Growth Mindset

Express Gratitude

Find the Right Level of Generosity

Be Mindful

positivepsychology.com
Glossary of Key Terms

**Well-being:** the presence of positive emotions and moods, the absence of negative emotions, satisfaction with life, fulfillment and positive functioning. (CDC)

**Self-Compassion:** emotionally positive self-attitude that should protect against the negative consequences of self-judgment, isolation, and rumination (Stanford)

**Mindfulness:** to know what is happening right now in the changing flow of experience (Mindful USC)

**Growth Mindset:** the understanding that abilities and understanding can be developed (Carol Dweck)
Discussion

*Coping Mechanisms*
– What has been helpful?
– What has not been?

*Tips & Strategies*
– What would you recommend to your colleagues?
DAILY QUARANTINE QUESTIONS:

1. What am I GRATEFUL for today?
2. Who am I CHECKING IN ON or CONNECTING WITH today?
3. What expectations of "normal" am I LETTING GO OF today?
4. How am I GETTING OUTSIDE today?
5. How am I MOVING MY BODY today?
6. What BEAUTY am I either creating, cultivating, or inviting in today?
Final Discussion Thoughts

Impact + Implications of Technology

What are you going to let go of today that is not normal?

Remote Working balance, what does this mean?
Supplemental Resources

Activities

• Fisher Museum Activities
• Yoga Hour, Monday’s 12pm
• Virtual Museum Tours
• Chopra Center Meditation
• YogaWorks
• Greater Good Science Center

Articles

• How To Be Intentional About Consuming Coronavirus News
• Mental Health Resources for USC Faculty & Staff
• Growth Mindset, Carol Dweck Ted Talk
Supplemental Resources

Mindful USC

Calm, cool and connected.

“I don’t have the time.” “I can’t meditate.” “It’s not doing anything.” All great reasons to meditate. Mindfulness practice is like going to the mental gym — it strengthens your focus and awareness, builds compassion and resilience, addresses stress and intense emotions ... it’s even been shown to boost productivity. Now, what was that you were saying about time?

» Sign up for Mindful USC classes: mindful.usc.edu/cw-classes
» Group classes for your department, school or organization: mindful.usc.edu/cw-training
» Learn more at mindful.usc.edu
Supplemental Resources

Ask Ari

Welcome to Ask Ari.

Ask Ari is an information tool. It is not a diagnostic instrument, a reporting mechanism, or a replacement for a therapist or medical professional.

Before we get started, please agree to our terms. Click here to read the full terms and conditions.

I agree

Wellbeing wisdom. When you need it.


Learn more at: AskAri.usc.edu
Chat online with Ari: AskAri.usc.edu
Download it free. Look for AskAri.
Campus Resources

• **USC Campus Support and Advocacy** *(part of Campus Wellbeing and Crisis Intervention)* at 213-821-4710 in TCC 421 or [https://campussupport.usc.edu/](https://campussupport.usc.edu/) assists faculty, staff, and students in resolving complex personal, academic, and financial issues, providing useful information and referring to the proper campus resources.

• **Student Counseling and Mental Health Services** at 213-740-9355 in ESH 303 or [https://studenthealth.usc.edu/counseling/](https://studenthealth.usc.edu/counseling/) for free and confidential professional counseling for students.

• **Center for Work and Family Life** at 213-821-0800 or [https://employees.usc.edu/work-family-life/](https://employees.usc.edu/work-family-life/) for free and confidential professional counseling for faculty and staff.

• **USC Occupational Faculty Practice for Lifestyle Redesign** at 323-442-2850 or [chan.usc.edu/patient-care/faculty-practice/about](https://chan.usc.edu/patient-care/faculty-practice/about) which helps faculty, staff, and students develop healthy life habits.

• **The Haven at USC** for outpatient treatment and recovery residence for students at 855-434-9973 or [https://www.thehavenatcollege.com/locations/usc/](https://www.thehavenatcollege.com/locations/usc/) provides professional support on campus for mental health and substance use disorders. Holds online meetings for all.
Thank you!

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