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More details in Upcoming Events Page
"Thank you to all of you who joined us for our first business meeting on October 14. We had a great conversation; I'm excited about the excitement and interest in this community. We're still interested in hearing your ideas for what we should focus on in the next year, so please feel free to fill out this [WBAR member] survey."
UPCOMING EVENTS

**November 9 & November 11**

We'll host two Coffee Chats loosely based on the podcast, *Unlocking Us: Brene with Emily and Amelia Nagoski on Burnout and How to Complete the Stress Cycle.*

If you don't have a chance to listen, please feel free to join us and participate in the conversation. Come for one or both days!

**Register**

You must register in advance:

- **Monday, November 9 at 11AM Central Time**
- **Wednesday, November 11 at 10AM Central Time**

**November 16**

Region conference proposals are due at 11:59PM Central Time on Monday, November 16. We'd love to hear about some well-being and advisor retention sessions at your regional conference!
What made you decide to join the steering committee? As I continued in advising, I became more and more interested in self-care and how we can support fellow advisors. I was attending more and more workshops related to self-care and wellness while watching advising lose more and more advisors to burnout. I also wanted to be a part of the continuation of self care spaces at regional and annual conferences. Being on the steering committee has given me the chance to work with like-minded colleagues on how to support each other and our students.

How do you ensure your own well-being? I make sure to include breaks in my day. Lately, I have also been making pro-active self-care plans, so that I have strategies to manage the stress of advising. I love to read, and I also often spend time away from screens getting lost in a book that excites me or a song I love.

What keeps you in advising? In recent years, I have discovered a passion to help my fellow advisors grow in the field and in the area of self care. I also love curriculum and helping first years unlock their major requirements and how they can customize them for their goals is exciting.

"I love helping first year students adjust to college and discover all the opportunities they have to learn and explore."
What made you decide to join the steering committee? It almost seemed like destiny that this community came into existence as I was finishing my masters in applied positive psychology...So I was first inspired to improve the well-being of students - yet as I spent more time in NACADA and worked with more advisors I realized it is just as important for us to focus on advising well-being also. I gave my first yoga, mindfulness, and stress management presentation at region 2 a few years ago, and the rest is history!

How do you ensure your own wellbeing? I am a "recovering perfectionist" and have to constantly work on my self-talk and self-compassion. I have set up reminders around myself that I do not have to be perfect, that make sure I recognize that I am doing my best and improving over time. Physical activity is crucial for my well-being as well, so I make sure that I either run or do yoga every day, even if it's 15 minutes of sun salutations. Admittedly, I am always promoting meditation but my own practice ebbs and flows. I certainly feel better when I stick to it, though!

What keeps you in advising? As I've shifted into a leadership role at my institution, I realized that at this point I am in it for my fellow advisors as much as I am in it for the students. We're all committed to an educational mission, as different as they may look for different students and advisors, and core to that mission is growth. Ultimately if I can help people grow, I am in the right place.

"In my work with high-achieving students I saw that so many of them were not taking care of their holistic selves."
"As much as we all hoped the pandemic would be over by winter, we should probably start preparing for the cold and shorter days. NPR Life Kit: Prepare Now For Your Pandemic Winter. Your Future Self Will Thank You was a really helpful listen for me."

KACEY GREGERSON
Chair, Well-Being & Advisor Retention AC
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