Practicing Gratitude

Practicing gratitude can help reduce stress, fatigue, and burnout, but it takes practice and hard work. Here are some tips about how to practice gratitude from mindful.org.

1. TAKE TIME TO NOTICE WHAT IS AROUND YOU. This helps you tune into the present moment and pick up on the beauty of nature, kindness from another, etc.

2. PRACTICE GRATITUDE FOR THE LITTLE THINGS. We remember to be grateful for big events like weddings or graduation but sometimes forget the small things. A good meal and a great night of sleep can be just as wonderful!

3. SHARE YOUR GRATITUDE FOR YOUR LOVED ONES. The next time you experience a kind act by a loved one, show gratitude with a 'thank you' or a hug. Don’t let those kind acts go unacknowledged or unnoticed.

4. SPREAD GRATITUDE ON YOUR SOCIAL MEDIA. Social media can feel negative, but sharing gratitude can make it a more positive online world! Share an uplifting moment, a lesson from a book, or a photo of something you’re grateful for!
DO YOU WANT TO CONTRIBUTE CONTENT?
We, as an Advising Community, want to make everyone aware of what is happening with ATD! This monthly newsletter will showcase:
- Recommended Readings
- Membership Spotlights
- Jokes
- Wellness Recommendations
- Visiting AC Information
- Technology Tips and Tricks
- Guest Writer Op-eds
- Upcoming Events
- Other
If you have content that you would like to share with the ATD in this newsletter, please submit it here: https://airtable.com/shrpRHm8lvXFaUgy8

ATD JOKE CORNER
Why did the scarecrow win a medal?
He was outstanding in his field.

Recommended Readings
Click on the links below to access the readings!

- ADVISING GEN Z STUDENTS IN A POST-COVID ENVIRONMENT
- IMPLEMENTING AN INTEGRATIVE ADVISING APPROACH
- USING ADVISING TO MAKE THE CASE FOR TENURE AND PROMOTION
- BOOK - DECLUTTER YOUR MIND: HOW TO STOP WORRYING, RELIEVE ANXIETY, AND ELIMINATE NEGATIVE THINKING

Upcoming Events
Registration for the 2023 NACADA Region Conferences is now open! More information is on Page 4 of this newsletter.
To learn more about the Regions in NACADA, click here. You do not have to be a member of a region to attend that regional conference.

There’s still time to register for NACADA’s November 17th webinar, Assessment of Academic Advising: An Overview.
In this NACADA Assessment of Advising Community-sponsored webinar, Assessment Institute Faculty members will look at how to apply assessment tools to show the value of your contributions and academic advising practices to your administrators, funders, supporters, and students. They will define assessment and describe the Assessment Cycle, including what to do with the data once you’ve gone through a cycle.

Registration deadline is Tuesday, November 15, 2022 – you don’t want to miss it!
More information is available here.
2022 AT&D Accomplishments

MONTHLY TEA TALKS
• Share the Wealth: Expectations and Experiences with Sharing Information Obtained through Professional Development
• New to Advising? We should talk
• Learning the Profession: Advising-Adjacent Pathways
• New Advisor Office Hours

A TIMELY CONVERSATION ABOUT GLOBAL LEARNING AND CITIZENSHIP
A collaboration with the Global Engagement Advising Community

STEERING COMMITTEE ACKNOWLEDGMENTS
• Ashley Winterrowd (TAMU) was nominated for the ACD Award
• Locksley Knibbs (FGCU) & Mike Geroux (U. at Albany) are contributing authors in recent NACADA publications

BEST IN REGION SESSIONS AT THE ANNUAL CONFERENCE
• Using Curriculum Design to Create Outcomes-Based Advising Workshops
• Channeling Your Inner Ted Lasso - Everyday Leadership Inspiration for Your Advising Team & Style

AT&D SPONSORED SESSIONS AT THE ANNUAL CONFERENCE
• Understanding Hidden Curriculum to Promote Success for Underprivileged Students
• Podcast Live! Lessons learned from Advising Administrators: Innovative Approaches to Managing Change

Follow the ATD on Social Media and through NACADA Listservs!

[Icons for Facebook, Instagram, Twitter] ATD Listserv
<table>
<thead>
<tr>
<th>Region</th>
<th>Date</th>
<th>Place (In-Person Only)</th>
<th>Call for proposals deadline</th>
<th>Early Registration Deadline</th>
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<tr>
<td>Northeast Region 1</td>
<td>March 8-10, 2023</td>
<td>Boston, Massachusetts</td>
<td>Wednesday, November 15</td>
<td>Wednesday, February 8</td>
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<tr>
<td>Mid-Atlantic Region 2</td>
<td>March 15-17, 2023</td>
<td>Hanover, Maryland</td>
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<td>Mid-South Region 3</td>
<td>March 23-25, 2023</td>
<td>Wilmington, North Carolina</td>
<td>Wednesday, November 15</td>
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<td>March 5-7, 2023</td>
<td>Huntsville, Alabama</td>
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<td>Monday, February 6</td>
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<td>Great Lakes Region 5</td>
<td>April 26-28, 2023</td>
<td>Windsor, Ontario</td>
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<td>May 1-3, 2023</td>
<td>Lincoln, Nebraska</td>
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<td>February 27-March 1, 2023</td>
<td>Oklahoma City, Oklahoma</td>
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<td>Northwest Region 8</td>
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<td>Las Vegas, Nevada</td>
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<td>February 27-March 1, 2023</td>
<td>Las Vegas, Nevada</td>
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