FEBRUARY
LOVE & SELF-CARE IS IN THE AIR!

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February 25
12:30 Central Time
We will be doing Dance Cardio together!
Zoom registration link forthcoming.

March 11 (Tentative)
Di Dingman will lead a coffee chat in March discussing the Academic Advising Today (AAT) article, "High-Achieving Wellbeing: Partnership Opportunities for Students and Advisors." We're aiming for March 11, but more information will come as we finalize the details!

March & April - Coming Soon!
Regional conferences will take place in March & April - keep your eye out as sessions will be announced soon!
UPCOMING EVENTS

Region Conference

Check out these Preconference workshops:

Holistic Advisor Well-Being:
Developing Strategies for Individual and Team Self-care (session P13)
presented by Liz Sutton from University of Pennsylvania

Radical Rapport:
The Power of Human Connection in Self-Care and Resilience (session P23)
presented by Brighton Brooks from University of Alaska - Fairbanks

March 1-5
Preconference Workshop Week will be March 1-5. There are some fantastic sessions to consider. Region conferences take place throughout March & April.

Register: 2021 Preconference Workshop Week
Thank you to the 250+ of you that joined us for the panel discussion on Advisor Well-Being as part of the Return from Remote series. I hope you all found some value in the discussion. The recording will be available - we're just waiting on next steps to get it posted. We will share it with all of you soon.
What made you decide to join this Advising Community? I decided to join the Well-Being & Advisor Retention (WBAR) Advising Community because of the mantra: you can't pour from an empty cup. There are other iterations of this saying, but they all come down to this simple truth, it's only when you take the time to replenish and renew yourself that you can in turn serve and support others. Academic Advising is a helping profession and so many of us give of ourselves in this role. It’s also complex work! Academic Advising is a multi-dimensional role that involves conceptual, information, and relational skills as NACADA’s Academic Advising Core Competencies Model outlines. This combination can sap emotional strength or motivation, leading some to leave the profession entirely. I'm delighted to come together with other members of this advising community to proactively address burnout. The WBAR community and the strategies and resources we share with each other can be sources of replenishment and renewal.

How do you ensure your own well-being? Ensuring my own wellbeing is an ongoing process. I'm hoping to further develop and expand upon a set of practices and habits that help me proactively manage stress, resolve burnout when I can't avoid it, and recover. A few of the wellbeing strategies I enjoy are running, hiking, and unplugging. I run about three to five times a week and find the steady breathing, footfalls, and time with my own thoughts to be meditative. I recently moved to New Jersey and have also found it renewing to discover a new hike around the state every weekend. Additionally, my spouse and I unplug at least one weeknight each week and spend the evening on a creative outlet like painting, scrapbooking, or playing an instrument like the kalimba or keyboard. Wellbeing strategies can be unique to each individual or even to specific circumstances, and I look forward to learning from other Well-Being & Advisor Retention (WBAR) Advising Community members what tools they include in their wellbeing toolbox.
DO YOU WANT TO

Introduce yourself to other WBAR members?

Fill out this form, and we'll highlight you!
What is imposter syndrome and how can you combat it?

Knowing so many of us and our students suffer from imposter syndrome, I found this video enlightening. Please remember, you have talent. You are capable. And you belong.
01 Join the WBAR Facebook Group

02 Read & Share Resources

03 Volunteer & Get Involved