Hello and welcome to the January Well-Being & Advisor Retention newsletter! January has given us all a flood of challenges already, so I hope that you’re able to do what you need to do for yourself.

**Upcoming Events**

**Resource/Article Spotlight**

**Stay connected to us**

**Upcoming Events/Opportunities**

- Looking for a way to get involved in the NACADA Annual Conference from the comfort of your home/office? We’d love to have your help reviewing proposals! Readers will review proposals from **February 25 through March 14. Sign up here.**
- Have you heard? (I crack myself up) We’re working on a podcast series through NACADA Presents, and the first episode is now available! You can also listen through **Spotify.**
  - The first episode is titled *What is well-being? How do you consider well-being in advising?* Future episodes include: *Gratitude, Positivity & Toxic Positivity; Students & Well-being; DEI & Well-Being; Advisor Retention and Burnout; Where do we go from here?*
- Thank you to those of you who joined us at the first *Feel Good Friday* of 2022! Mark your calendar and sign up for the next one: **February 4 at 1PM Central Time.**
- Join us for a panel discussion: *Returning to Campus: Advisor Love (from students, campus and yourself!)* on **February 14 at Noon Central Time.**
- NACADA is also seeking volunteers to review The New Advisor Guidebook: *Mastering the Art of Academic Advising, 2nd Edition.* Interested in volunteering? Contact Ashley Thomas (*ashleythomas@ksu.edu*) by February 1, 2022.

**Resource/Article Highlight**

- With the start of the year, many people consider resolutions that often have to do with weight. Check out this podcast from NPR Life Kit - *Diet culture is everywhere. Here’s how to fight it.*
- Want more resources? Check out our list and **feel free to add your own!**

**Stay connected to us**

- Join our Facebook group.

Warmly,

Kacey

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