Hello! This is the April Newsletter for the NACADA Advising Community for Well-Being & Advisor Retention!

For some comedic relief...

For all the people that think they are bad at responding to emails:
I emailed a professor 12 years ago asking about source recommendations for a paper I was writing for a class during my undergrad. He replied to my email TODAY.

Upcoming events
- **Return to Campus - Engaging the Mid-Level Practitioner** - Monday, April 25th at Noon Central Time. Register in advance here.
- **Feel Good Friday** is coming up on Friday, May 6 at 1PM Central Time. The theme will be financial wellness. Register in advance here.
- You can now register for the NACADA Annual Conference in Portland, Oregon - October 23-26. The theme is Building Bridges: Honoring our Past, Celebrating the Present, and Preparing for the Future.

Items to Note
- You can listen to our entire series on the NACADA Presents podcast! You may also listen on Amazon Music and Spotify.
  - What is well-being? How do you consider well-being in advising? (panelists: Lizzy Harman, Edna Renee Macbeth, Olivia Miller)
  - Gratitude, Positivity & Toxic Positivity (panelists: Di Dingman, Siobhán Ní Dhonacha, Liz Sutton)
  - Talking with students about their well-being (moderated by Jake Rudy; panelists: Di Dingman, Martha Lance, Amy Sosanko, Liz Sutton)
• **DEI work and well-being** (moderated by Edna Renee Macbeth; panelists: Ariel Collatz, Casse Jaquez, Janelle Hannah-Jefferson, CJ Venable)
• **Retention and burnout** (moderated by Becky Helms; panelists: Banks Blair, Lizzy Harman, Gregory Mason, Olivia Miller)
• **Where do we go from here?** (panelists: Lizzy Harman, Edna Renee Macbeth, Olivia Miller, Liz Sutton, and special guest Kyle Ross, NACADA President)

- You may have seen the information going around about NACADA election results - please join me in congratulating Olivia Miller who will be the Chair of the Well-Being & Advisor Retention Advising Community beginning in October!

**Resource/Article Highlight**
- I just finished the book *Bittersweet: How Sorrow and Longing Make Us Whole* by Susan Cain. Cain has a chapter titled "Winners and Losers" and in it she interviews students at Princeton (her alma mater), as well as an on-campus therapist. The students talk about "effortless perfection...masking any signs of loss, failure, or melancholia." Have you read it? I'd love to hear your thoughts!

**Stay connected to us**
- Join our [Facebook group](#).