But First: From Olivia
FOR THIS FIRST ISSUE, A WELCOME MESSAGE FROM WBAR CHAIR, OLIVIA MILLER

Hello and welcome to the Well-Being & Advisor Retention newsletter! My name is Olivia Miller, your Chair for the 2022-2024 term - thank you for being a part of this community! One of the 2023 goals set by the steering committee was to re-establish the newsletter as another way to engage our members. With creating a new Communications subcommittee, we hope that these newsletters can be a place to share resources and continue the conversations on wellness within our field. Here we will be sharing articles from the Research subcommittee, spotlighting members, providing updates on future events and share a “Cup of Wellness” to help reinvigorate you. Please do not hesitate to reach out at olivia.r.miller@umkc.edu if you have any questions or recommendations for our community!

A Cup of Wellness

How do you care for yourself? Knowing when and how to care for ourselves is important in navigating any burnout we feel. Since this is an ever-evolving task, we hope this section will be a brief source of inspiration and ideas as you navigate your work and well-being. In this first issue, though, we ask, how do you like to fill your cup? And how can you implement this into your day?

If you’re struggling with ideas, here are a few suggestions- read something fun like a magazine or blog post (psst- check out our “what we’re reading” section too for ideas), practice box breathing (inhale for 4, hold for 4, exhale for 4, hold for 4, repeat), make a playlist of your favorite songs and listen during your commute or lunch break, and finally, go for a quick walk around your neighborhood or on campus when you need a break.

Once you have a few ideas for filling up your cup, write them down as a reminder of ways to care for yourself!
The Wellness Wednesday for March focused on financial wellness. We found out that most people either teach as adjunct instructors, coach others on health/fitness, provide educational consultant services, donate plasma, etc. to make more money on the side. We discussed the pay scale being low for advisors and having these side hustles is necessary to survive. There was a lot of discussion about how to approach your supervisor or department heads for a raise. Many participants shared their own experiences of asking for a raise, with several of them being successful! Stay tuned for next month when we will be discussing mental wellness and the book, The Awesome Human Project: Break Free from Daily Burnout, Struggle Less, and Thrive More in Work and Life. The next Wellness Wednesday will be April 5 at 2pm CST.

What We’re Reading

ARTICLES AND PIECES ABOUT WELLNESS AND RETENTION WE’VE LIKED:

- Advancing Self-Care for Staff to Support Student Success
- Compassion Fatigue and Self-Care for Academic Advisors
- RADICAL RETENTION: HOW HIGHER EDUCATION CAN RISE TO THE CHALLENGES OF THE GREAT RESIGNATION AND BEYOND

Events

Join us for Wellness Wednesdays - our monthly programming scheduled for the first Wednesday of the month at 2 pm CST. Each month we focus on a different dimension of wellness and invite you to join the conversation!

All Wellness Wednesdays are scheduled for 2023 through October - you can register for each month or specific ones by clicking on this link.

Fall Event Recordings:
The following events from last fall were recorded and now available on the ACD page after logging in:

- October Feel Good Friday (10/7): Ending the Silence - An Open Discussion on Holistic Student Wellness (collaboration with First Generation Student Advising AC)
- WBAR Virtual Business Meeting (11/2)
- Have we gone back to "normal"? A Discussion About Advisor Well-Being (11/10)
- Transfer Talk: Focusing on You to Better Help Your Students (12/8, collaboration with Transfer Students AC)

Find Us on Facebook and Linkedin