Hello and welcome to the November edition of the Well-Being & Advisor Retention newsletter! I hope you are all doing well. It's been a challenging semester in so many ways, so I hope you are able to find ways to rest and rejuvenate.

*Upcoming Events*
*Resource/Article Spotlight*
*Stay connected to us*

*Upcoming Events/Opportunities*
- **Our steering committee has doubled!** I'm very excited to share that there was a strong interest in joining our steering committee! In the coming months, I'll introduce you to steering committee members in the *Member Spotlight* area.
  - The steering committee includes:
    - Chanda Walter, South Dakota State University
    - CJ Venable, University of Nebraska - Lincoln
    - Di Dingman, Indiana University
    - Donna Burton, North Carolina State University
    - Edna Renee Macbeth, Virginia Commonwealth University
    - Elysa Smith, Franklin University
    - Holly Green, Columbus State Community College
    - Jake Rudy, University of Minnesota - Twin Cities
    - Kara Thompson, Northern Kentucky University
    - Larissa Brown Searle, University of North Texas
    - Laura Bey, Duke University
    - Liz Sutton, University of Pennsylvania
    - Lizzy Harman, University of Washington
    - Martha Lance, University of Vermont
    - Molly Marcusse, University of Wyoming
    - Olivia Miller, University of Missouri - Kansas City
    - Rebecca Johnson, Troy University
    - Stephanie Morawo, San Diego State University
    - Stormy Sims, University of Tennessee, Chattanooga
- Mark the first Friday off on your calendar for *Feel Good Fridays* beginning in January!
- Check out the ***Call for Authors*** for the International Perspectives book. Nominations are being accepted through January 2, 2022. Check out the link for more information.

**Resource/Article Highlight**
- Do you get overwhelmed when thinking about climate change? NPR: Life Kit had a program: *Anxiety from climate change isn't going away. Here's how you can manage 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