

WHILE WE WAIT!

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ADIRONDACK	HUDSONVALLEY	UPSTATE
ALBANY	JAMESTOWN	WESTCHESTER
ALFREDSTATE	JEFFERSON	
BINGHAMTON	MARITIME	
BROCKPORT	MOHAWKVALLEY	
BROOME	MONROE	
BUFFALOSTATE	MORRISVILLE	
CANTON	NASSAU	
CAYUGA	NEWPALTZ	
CLINTON	NIAGARA	
COBLESKILL	NORTHCOUNTRY	
COLUMBIAGREENE	OLDWESTBURY	
CORNELL	ONEONTA	
CORNING	ONONDAGA	
CORTLAND	OPTOMETRY	
CPD	ORANGE	
DELHI	OSWEGO	
DOWNSTATE	PLATTSBURGH	
DUTCHESS	POLYTECH	
EMPIRESTATE	POTSDAM	
ERIE	PURCHASE	
ESF	ROCKLAND	
FARMINGDALE	SCHENECTADY	
FINGERLAKES	STONYBROOK	
FIT	SUFFOLK	
FMCC	SULLIVAN	
FREDONIA	SYSTEMADMIN	
GENESEE	TOMPKINSCORT	
GENESEO	ULSTER	
HERKIMER	UNIVBUFFALO	

SELF-CARE AS PROFESSIONAL DEVELOPMENT

EILEEN ANGELINI, PH.D. AND KELLY WILLIAMSON

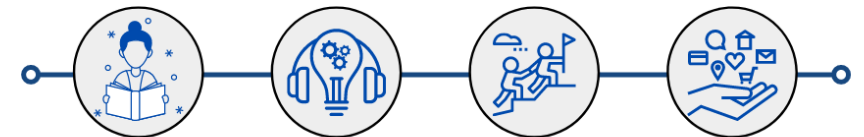
DECEMBER 8, 2021



Center for Professional
Development

Professional Development Week

December 6 - 10, 2021



Academic

Technical

Leadership

Personal

WELCOME

Professional Development Week is an awareness campaign highlighting the important connection between lifelong learning, personal growth and transformative organizational success.

The CPD has evolved into the **central resource** for top-notch professional development, training and support services for its member campuses and the entire SUNY community.

A FEW HOUSEKEEPING DETAILS



- You will be muted upon arrival, please do not put this presentation on hold while on your phone line
- Presentations will be recorded and made available via YouTube

QUESTIONS AND COMMENTS WELCOME!



- We will try to answer all of your questions!
- Ask them at any time but be aware that most may not be addressed until the end of the webinar.

TODAY'S PRESENTATION:

SELF-CARE AS PROFESSIONAL DEVELOPMENT



Eileen Angelini, Ph.D., Associate Dean

School for Graduate Studies, Empire State College

Kelly Williamson, Community Manager, SUNY CPD



INVESTING IN YOURSELF: THE HARDEST THING TO DO

- A well-balanced, and healthy team member is a high-performing one. An investment in "loving" yourself can resonate throughout your career and personal life. It can also help you to jump-start your ability to focus on long-term planning.
- Not only can self-care make us healthier, but it can help us attune to our authentic selves, allowing us to expand our attention to a wide set of emotions, relationships and resources. Self-care results in better communication, feeling less effects of stress, and allows us to be more present for your colleagues, students, and families.

DO YOU SELF VALIDATE?

- Self Validation can be:
 - Encouraging yourself
 - Acknowledging your strengths, successes, progress, and effort
 - Noticing and accepting your feelings
 - Prioritizing your needs
 - Treating yourself with kindness
 - Saying nice things to yourself
 - Accepting your limitations, flaws, and mistakes

SELF VALIDATION IS HARD

- 4 steps for validating yourself:
 - Notice how you feel and what you need.
 - Example: *I feel angry. I need time alone.*
 - Accept your feelings and needs without judgment.
 - Example: *It's okay to feel angry. Anyone would feel angry in this situation. Taking time alone will help me sort out my feelings. That's a good thing.*
 - Don't over-identify with your feelings. We want to accept our feelings and also remember that they don't define us.
 - Notice the subtle, but important, difference when you say I feel angry vs. I am angry or I feel jealous vs. I am jealous.
 - Our feelings are temporary – they come and go and don't define us.
- PRACTICE

PRACTICE: CHOOSE YOUR OWN SELF VALIDATION ADVENTURE

- It's normal to feel this way.
- My feelings are valid.
- I'm proud of myself.
- This is hard. What do I need to cope or feel better?
- It's okay to cry.
- I'm making progress.
- I gave it my best effort.
- I am worthy.
- Good job!
- I'm more than my accomplishments or failures.
- My self-worth isn't based on other people's opinions.
- Everyone makes mistakes.
- My feelings matter and I will listen to what they're telling me.
- I trust my instincts.
- Not everyone likes me and that's okay. I like myself.

A TRUE CHALLENGE: BEING MINDFUL AND INTENTIONAL

- Mindfulness helps us be present for those important conversations while helping to also motivate and keep us adaptable. Now more than ever, being able to stay focused but also able to 'pivot' is a valuable trait.
- Meditation and other stress management techniques can also facilitate creativity, increase empathy and allow for the absorption of new information. Try free, simple meditations or consider listening to a guided segment from a site such as InsightTimer.



PRACTICING GRATITUDE

- Gratitude is both something we feel, and something we express. Leaders intent on building an engaged, high-performing workforce AND having high personal satisfaction will benefit from both.
- According to Gallup's 2016 analysis, *Employee Recognition: Low Cost, High Impact*, only one in three workers in the U.S. strongly agree that they received recognition or praise for doing good work in the past seven days.
 - **THAT WAS 2016! Imagine what it's like now...**
- At any given company, it's not uncommon for employees to feel that their best efforts are routinely ignored. Further, employees who do not feel adequately recognized are twice as likely to say they'll quit in the next year.
- The best managers promote a recognition-rich environment, with praise coming from every direction and everyone *is aware* of how others like to receive appreciation.
- What does this mean to you?

GIVE YOUR HANDS A BREAK

- Remember to take a few moments to give your hands a break! It could help prevent Carpal Tunnel Syndrome. Carpal Tunnel is often associated with long-term repetitive motions or strain, such as working at a computer or assembly line for hours. Follow these steps to help alleviate discomfort and protect against future strains.
 1. Stretch your fingers as far apart as you can. Then relax, and stretch them again.
 2. Next, stretch your thumb by pulling it back as far as you can, holding and then releasing it.
 3. Now, do the wrist flexor stretch 2 – 4 times: Extend your arm in front of you, palm up. Bend your wrist, with your hand pointing down toward the floor.
 4. With your other hand, bend your wrist until you feel a moderate stretch in your forearm. Hold 15 to 30 seconds.
 5. Finally do a wrist extensor stretch: Repeat steps 1 through 3 above, but begin with your extended hand palm down.

DON'T BE AFRAID TO TALK TO SOMEONE

- There's a lot going on right now- it's overwhelming and nonstop. It's been a long two years.
- Project Hope is New York's free, anonymous COVID-19 emotional support helpline. Not only can you or a friend speak to someone but the helpline also assists with finding resources during this particularly challenging time.
- The phone lines (844-863-9314) are staffed 7 days a week, from 8 am - 10 pm but after hours assistance is also available.

INVEST IN YOURSELF: EXPLORE FREE COURSES

- Any SUNY student, faculty or staff member has access to these high-quality courses at no cost- just be sure to sign up using your campus email.
- Join Coursera for free and browse the catalog by visiting the program's home page.

PERK UP WITH A PLAYLIST

- Your musical choices can help dictate your mood and productivity levels. In fact, some members of the CPD staff believe that the Super Mario soundtrack helps motivate them! It's different for everyone so consider experimenting with your tunes.

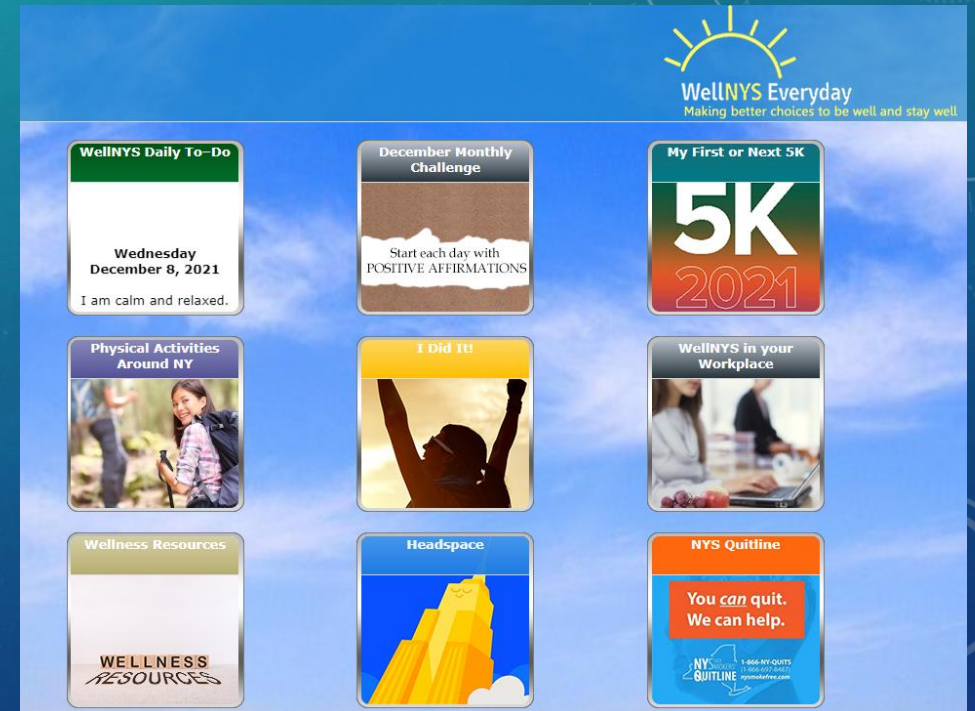


EXPLORE WINTER GARDENING

- It's not too early to start your seedlings inside! The act of gathering supplies and completing your planting plan will add a new dimension to your work-life balance. Extra bonus if you plan to grow your own produce!

PARTICIPATE IN WELLNYS EVERYDAY

- WellNYS Everyday is a Work-Life Services/Employee Assistance Program wellness initiative dedicated to educating, engaging, and empowering New York State employees and their families by encouraging participation in healthy behaviors.
- Every morning, a new WellNYS Tip of the Day, which can be emailed to employees and family members, is posted to the website. The tip provides creative suggestions, interesting facts, or inspiring quotes on the current Monthly Challenge.
- <https://wellnys.goer.ny.gov/>



EXERCISE IN A DIFFERENT SPACE



- Are you feeling active but have no where to safely work out? Consider unique spaces like your kitchen - no expensive equipment necessary!

REFRAME WITH A PUZZLE

- Not only have puzzles been shown to stimulate different parts of the brain but they can also provide a much needed reset and stress reliever. Puzzles have been show to:
 - Work your memory skills
 - Relax and reduce your stress
 - Provide a rush of dopamine for reward and reinforcement
 - Harder puzzles can challenge and change your brain activity for the better
 - May stop cognitive decline
 - Additional info: Clinical Trial Article, *Jigsaw Puzzling Taps Multiple Cognitive Abilities and Is a Potential Protective Factor for Cognitive Aging* - <https://www.frontiersin.org/articles/10.3389/fnagi.2018.00299/full>

KEEP A HAPPY FILE AND REMEMBER, SELF VALIDATE

- Take time to collect special emails and notes from colleagues, students and friends. Not only can some of these be used later in your professional career but you can use them to lift your spirits during a particular challenging day.
- Validation of your self worth and contributions to your work are important but just as important is the personal connections you forge throughout your career.
- This might motivate you to re-energize your resume, LinkedIn or promotional file.

REFERENCE SITES:

- <https://www.livewellwithsharonmartin.com/validate-yourself/>
- <https://www.gallup.com/workplace/236441/employee-recognition-low-cost-high-impact.aspx>
- <https://insighttimer.com/> - Free, guided meditation
- <https://www.inc.com/matthew-jones/7-easy-mindfulness-meditation-ideas-to-try-at-work.html> - Meditation ideas
- <https://nyprojecthope.org/>
- <https://www.coursera.org/programs/state-university-of-new-york-on-coursera-txhIh?currentTab=CATALOG>
- <https://www.mentalfloss.com/article/527365/why-soundtracks-games-mario-or-sims-can-help-you-work> -
- <https://www.youtube.com/watch?reload=9&v=Y6EcVgInI-M> – Mario Cart 1 Hour Music
- <https://www.tractorsupply.com/tsc/cms/life-out-here/garden-home-land/gardening/guide-to-winter-gardening> - Plant Your Winter Garden
- <https://wellnys.goer.ny.gov/>
- <https://www.eatthis.com/at-home-workout-kitchen-pantry/>
- <https://www.rd.com/article/what-happens-to-your-brain-when-do-a-puzzle/>
- <https://www.youtube.com/channel/UCvsNg1WAwe0--IpiM2YFngQ/featured> - CPD YouTube Channel

GUIDED CHAIR YOGA WITH EILEEN ANGELINI



Eileen M. Angelini, Ph.D., received her B.A. in French from Middlebury College (Middlebury, VT) and her M.A. and Ph.D. in French Studies from Brown University (Providence, RI).

She is currently Associate Dean of the School for Graduate Studies at SUNY Empire State College. As Associate Dean, Dr. Angelini leads the academic operations of the School for Graduate Studies.

A life-long athlete and certified advanced exercise instructor, she lives in Porter Corners, NY with her incredible husband, beautiful daughter, and two adorable cats.

DEEP BREATHS: GUIDED CHAIR YOGA

- Eileen will spend the next 30 minutes reminding us that movement and stretching are important! Many of us are still working longer hours in order to deal with the demands of the pandemic and let's be honest, how ergonomic is your setup?
- Chair yoga is one solution that will bring increased circulation and exercise into our daily routines. Other benefits include improving flexibility, relieving cramps and stiffness, and creating a happy mental state.
- A reminder that this session is being recorded and will be shared.

THANK YOU!

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- Eileen: Eileen.Angelini@esc.edu