

WHOLE-PERSON WELLNESS FACULTY/STAFF DROP-IN SUPPORT SESSIONS



EVERY WEDNESDAY | 12-12:50 P.M.
Starting Wednesday, Sep. 8, 2021

Each Wednesday, wellness themes and skills will be introduced, explored, discussed, and practiced. Come and go as your schedule allows. The only requirement is your interest and commitment to living well.

- The Stress Response
- Sleep
- Flexibility and Adaptability
- The Optimism Bias
- Enhancing relationships
- Hope Theory
- Creativity
- Humor
- Impostor Syndrome
- Work place stress
- Creating a supportive work environment
- Creating a supportive classroom

**Hosted by Cathy Pettid, Dean of Students and The
Division of Student Success**

cpettid@unomaha.edu