

# Campus Resources on Wellness

## College of HHS Faculty Meeting, Nov 4, 2021

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# Introduction & Resources – 1

Take some time for yourself and use resources being provided!

- Support Circle – Butler Center and WGHI.
- List of Resources – within and outside Purdue- on Butler Center Website: [here](#).
- See ‘Information specific to faculty and instructors’ [here](#).
- HR’s workplace resources made available August 2021. [Here](#).
- HR’s information about Care.com. [Here](#).
- Guidance to all supervisors about flexible work arrangements/work from home support. [Here](#).
- See Provost’s June 2020 web letter for some University resources available to help with the questions and feelings and possible actions to take. [Resources are highlighted here](#).
- See Provost’s August 2020 web letter for [Supportive Resources Available for Faculty](#)

# Support Circle

Integral to success of faculty is institutional responsibility to provide care and support during these challenging times.

August 2020 - Created [Support Circle](#) as care network

- Informal and flexible to connect, build ties, share experiences and ideas about coping in these times.
- Relies on group shared spaces for discussion
- Does not replace formal resources, counseling services, mental health services
- Faculty Allies

August 2021: Women's Global Health Institute (WGHI) is partner and equal collaborator in organizing the Support Circle.

# Support Circle Sessions

## Fall 2021

- Tips and Resources for the New Academic Year – Sept 8
- How Can Leaders Support Faculty? – Oct 5
- Wellness – Nov 3
- Confronting Stereotyping, Prejudice, and Bias –Dec 6, noon-1:30 pm
- Recordings and Links to Resources from Sessions is [here](#)

## Spring 2022 Plan

- Two sessions (one focused on ‘work-climate’ & another session topic TBD) & a workshop to mitigate stress
- Feel free to email ideas to me, Dorothy, Ulrike

# Resources - 2

Resources that can indirectly contribute to wellness –

- Respect challenges of virtual meetings and its associated impacts on inclusion during meetings. Voices of women and faculty of color could be further marginalized in a virtual setting. Consider providing faculty the opportunity to submit comments/notes related to any meeting via email.
- Butler Center's [Coaching and Resource Network](#) started fall 2019. Expansion to begin soon. [Resources](#) for CRN members and mentees.
- Butler Center's [Best Practices Tools](#) started fall 2020, such as examples of how to document impacts of COVID-19, how to engage in discussions of race.  
Riley, Donna and Mangala Subramaniam. 2021. How to assess faculty COVID impact statements using an equity lens. *Inside Higher Ed*, forthcoming
- How to Be More Mindful at Work <https://www.nytimes.com/guides/well/be-more-mindful-at-work> (You \*may\* need to subscribe to *The New York Times* online to access this article.).

# Upcoming Butler Center Events

- **November 10** – Virtual Workshop: Navigating the Invisible: Strategies and Tools to Overcome Adversity, Barriers, and Obstacles, 3:00-4:30 (Virtual-Live only)
  - **December 6** – Confronting Stereotyping, Prejudice and Bias, Noon-1:30, DAUCH
  - **December 7** – Violet Haas, Leadership in Action, and Research Grant Awards Reception, 3:30-5:00 PMU Anniversary Drawing Room
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## Spring 2022

- Conference for Associate Professors Feb 23-24, 2022
- Lead By Example, March 4
- ‘Work-Climate’ series – topics to be decided
- WEN-U breakfast/lunch

Again, take some time for yourself and use the resources!

Contact me – [msubrama@purdue.edu](mailto:msubrama@purdue.edu) if you have ideas for what more we can do for you.