Self Care + Community of Care = Magic

Our profession requires a great deal of time, energy, and capacity to negotiate the complex demands that can change from day to day. Prioritizing self-care is critical to ensure we don’t overdraw our personal reserves. However, self-care alone is not always the solution, and we invite you to consider fostering communities of care in addition to practicing self-care. Building a community of peers centered in care can create a shared space where we feel validated, seen, and heard. Together, we can develop innovative solutions to common challenges, all the while feeling intellectually, professionally, and personally fulfilled in a way that self-care alone can not. We see you and your struggle, and we’re here with you.

Check-in
WITH YOURSELF

- What is “community” in a professional setting? Why is it important?
- In what ways do you feel you give to your professional community? In what ways do you feel your professional community gives to you?
- What are ways in which we can harness technology to build community?
- How can you build community with your colleagues in your office? Campus partners and other departments? Other Institutions?
CONVERSATION STARTER

WHAT ARE THE WAYS IN WHICH YOU PRIORITIZE YOUR PHYSICAL, EMOTIONAL, AND MENTAL WELLNESS? WHERE WOULD YOU LIKE TO IMPROVE ON THIS?

“When you’re among a community of support that gets it, there’s always a collective feeling of exhaling and being like, 'OK, finally we can really talk.'"

-Dr. Tungohan, Academic Aunties podcast

RESOURCES AND UPCOMING EVENTS

UCLA HEALTHY CAMPUS INITIATIVE
SEMEI INSTITUTE
LIVE WELL INITIATIVES
MINDFULNESS PRACTICES
MINDFUL AWARENESS RESEARCH CENTER (MARC)

FREE MINDFULNESS RESOURCES
FOR WORK
FOR DAILY LIFE

ACE MENTORING MATTERS PANEL
MARCH 7TH | 3 - 4 PM
REGISTER HERE

ACE MENTORING COMMITTEE

Interested in the ACE Mentoring Program? Have an event or resource you would like to share in a future issue of ACE Links?

Email ace@college.ucla.edu for more information!