What Current Research Tells us about Workplace Stress in Higher Education
Friday, February 22

Dr. Krista Lynn Minnotte (Presentor)
krista.minnotte@UND.edu

Dr. Anne Kelsch and Carrie Herrig (Facilitators)
anne.kelsch@UND.edu | carrie.herrig@UND.edu
Reflective Exercise

1. Identify one work situation that triggers stress for you.

2. What can you control about the situation? What do you have little or no control over?

3. How will you exercise the control or agency you do have in this situation? How will you deal with or think about what you can't control?

4. Can you identify one way you can reduce the likelihood that this situation triggers stress for you?
Resources

National Center for Complementary and Integrative Health article on Stress reduction

National Institute of Mental Heath, “5 Things You Should Know about Stress?

https://www.nature.com/articles/d41586-018-04998-1

Chronicle of Higher Education, “Four Ideas for Avoiding Faculty Burnout,” (3 April 2018)
https://www.chronicle.com/article/4-Ideas-for-Avoiding-Faculty/243010


