

Well-Being Day Opportunities for Employees

provost@slu.edu

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Dear faculty and staff colleagues,

As many of you know, we are having [a student well-being day](#) this Friday, Feb. 11. In addition to a number of activities being planned for our students that day, we also want to announce a number of initiatives and activities in which faculty and staff can participate.

- **Bring your dog to work day:** Similar to the well-being day in the fall semester, we are allowing faculty and staff to bring their dogs to campus for the day. We ask that you follow guidelines and owner responsibilities outlined in the [Bring Your Dog to Work Policy](#). Please give particular attention to the policy's prohibition of dogs entering research, medical and clinical care spaces.

While your dog is welcome on campus all day, we encourage you to bring them to the DuBourg Quad for fun with students from 8:30-10:30 a.m. Friday.

- **An “unplugged” day:** As much as possible, we are encouraging employees to “unplug” for the day by keeping meetings to a minimum. We recognize that the University is still open, and there will still be meetings that cannot be moved or rescheduled. However, we encourage you to schedule a lighter work day where possible. Unscheduled time gives us opportunities to think creatively about challenges and to catch up — and of course, to engage in some fun with our students. Please speak with your supervisor if you need clarity.
- **Jeans day:** With supervisor approval, please feel free to wear jeans to work this Friday. Please be cognizant of any scheduled meetings you are keeping on your schedule and how that impacts your work attire.
- **Incorporating Well-Being and Care in Course Design and Teaching:** Join Reinert Center staff for a facilitated discussion on how to better incorporate well-being and care into course design and teaching. This 60-minute virtual session will offer research-based tips that support student well-being as well as address ways instructors can address their own well-being. The session is open to all SLU instructors and graduate students.
 - Friday, February 11, 2022, 9:00-10:00 AM (CST, St. Louis)
 - [Registration is requested, but not required.](#)
 - Zoom link: <https://slu.zoom.us/j/93677497198>
 - The Reinert Center also has additional resources available on their [website](#), including topics related to: [Student and Instructor Wellbeing](#), [Instructional Continuity](#), and [Inclusive Teaching](#). Check out the Reinert Center blog, [The Notebook](#), for weekly updates.

- **Equity, Trauma, and Student Mental Health - What Educators and Staff Need to Know:** Join Drs. Katie Heiden Rootes and Shannon Cooper-Sadlo for an opportunity to learn and discuss. 11:30 a.m. on Zoom (Meeting ID: 940 1546 6411; Password: 183941).
- **Complimentary day pass to the Simon Rec Center:** Bring your SLU ID and let the SLU Rec student worker at the desk know you are a SLU employee to take advantage of complimentary staff access for Wellbeing Day! They will have you sign a guest waiver and then you're free to utilize the entire facility, including the weight room, courts, indoor pool, and group fitness classes ([pre-registration required](#)). Masks are required at all times, aside from swimming and showering.

Thank you for giving our students the time and space they need away from their studies during this time, and for making space for our colleagues to participate in the activities above. If you need clarification on any of these, please reach out to provost@slu.edu or hr@slu.edu.

Sincerely,

Mike Lewis, Ph.D.
Provost

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VP, Human Resources