“Strategies for Academics Managing Careers and Caretaking during the Pandemic.”
URL: https://www.facultydiversity.org/webinars/pandemiccare21

1. **PERSONAL STRATEGIES for NOW and the FUTURE**
   - Create new rituals.
   - Remind yourself why you do this work (celebrate in writing).
   - Prioritize self care so that you can take care of others.
   - When juggling balls, figure out which ones are made of glass and which ones are made of plastic.
   - Practice “satisficing” – setting reasonable expectations.
   - Periodically reflect on and recalibrate your goals and plans – don’t let life calibrate for you.
   - Embrace small pleasures and rewards.

2. **Cultivate a NETWORK of SUPPORT:**
   - Learn from others doing “the work” in a way that you admire.
   - Find people you can trust.
   - Create connections on campus and elsewhere.
   - Speak up – let administrators know you need support.