

# What About Us?

By Professor Stephanie Dashiell

Conference on Higher Education Pedagogy

@VirginiaTech

February 5, 2021

<https://professordashiell.com/>

## Trigger Alert: These Words Are Off Limit...



- ▶ C\_\_\_-19
- ▶ P\_nd\_\_ic
- ▶ S\_c\_\_l dis\_\_\_\_e
- ▶ V\_cc\_\_e
- ▶ Z\_\_m

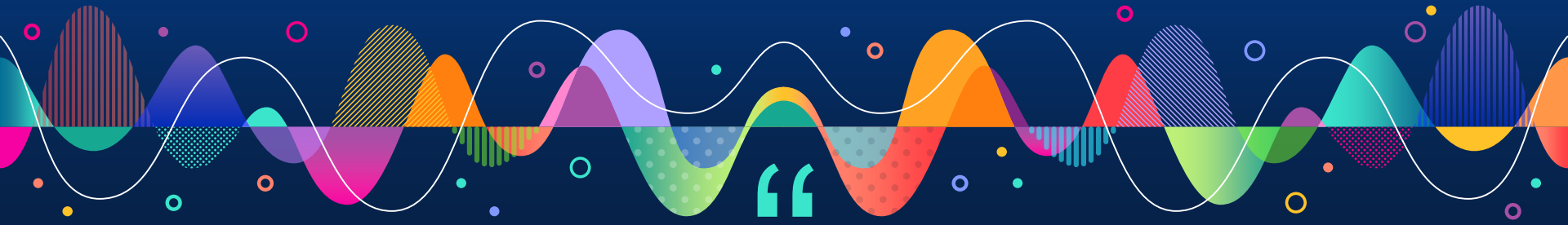
Disclaimer: I'm not ok...and that's ok. #crazytimes

We dedicate ourselves to our students...



We dedicate ourselves to our institutions...





“What about us?”

Flight attendants tell us to put our oxygen masks on first  
before helping anyone else during an emergency...



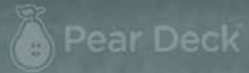
Photo

# How might we...

*Take care of ourselves during these times? What do you do? What you want to do? (safe suggestions only)*



Students, write your response!



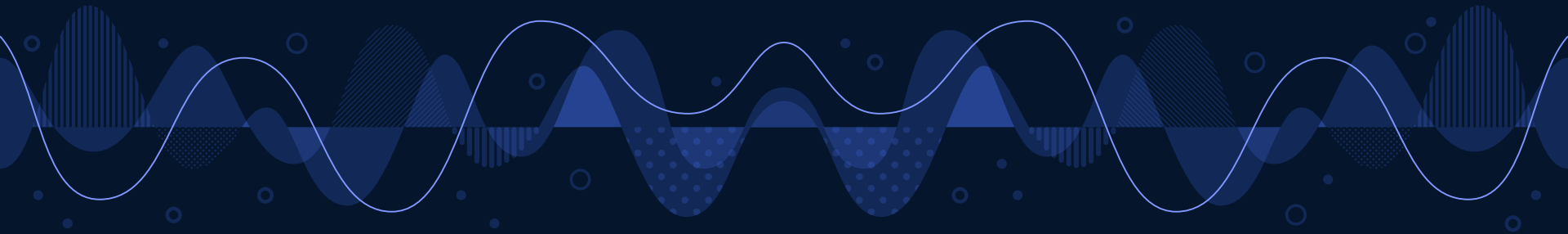
Pear Deck Interactive Slide

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Responses to the question on the previous slide...



<https://padlet.com/dashiesm/1m49xno0j0dhpiei>



## Practical ideas (general)...



- ▶ Set boundaries
  - ▶ Delete that Outlook/email app
  - ▶ Set specific work hours and stick to them
  - ▶ Designate a specific space in your home for work
- ▶ Purchase equipment for your office that protects your body/health and encourages peace

# Smart/Fun gadgets for the office...

\*Ergonomic keyboard/mouse

\*Blue light filter glasses

\*Ergonomic office chair (with  
massager)

\*Butt pad

\*Adjustable laptop table

**\*Candles**

\*Ring light

\*Foot massager

\*Foot spa

**\*TV/projector/video  
games**

## Practical ideas for your home or campus office...



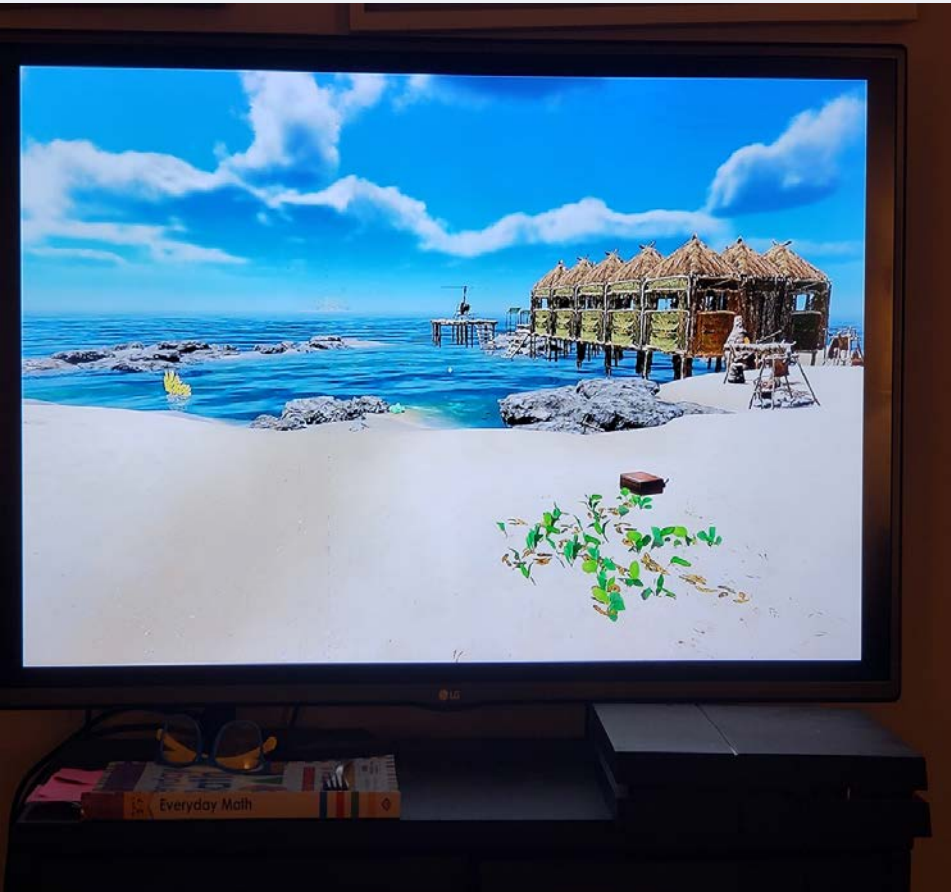
- ▶ Create a fun/peaceful work environment
  - ▶ Add cool gadgets/items to your work space
- ▶ Take care of yourself on campus
  - ▶ Maskair purifier, disinfectant, leave campus on time (stop staying late)
- ▶ If you need to take a day, use your leave and don't feel bad about it
- ▶ Create an emergency plan with students and remind students of the plan often

## Practical ideas outside of work hours...



- ▶ Video games!
  - ▶ Stranded Deep
  - ▶ Flower
- ▶ Essential oils
  - ▶ Frankincense, Lavender, Jasmine oil (therapeutic grade)
- ▶ Find a new recipe on Pinterest
- ▶ Youtube dance workout videos
- ▶ Music therapy

# Video Game: Stranded Deep



# Video Game: Flower



# Essential Oils (Therapeutic Grade)

Diffuser #1

Diffuser #2



# Pinterest!

(29) Pinterest

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🧩 Edpuzzle

🎓 Educator | Discussion

📊 Dashboard | Khan A...

🛠️ Workbench

🔬 Science Fair Project...

🎓 Classes | PBS Learn...

👤 User Profile - Math...

🎧 https://listenwise.co...

📌 Business

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Grandma


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Save

[healingandeating.com](https://healingandeating.com)

## Tuna Salad Cucumber Bites - Healing and Eating

Gluten free · Tuna Salad Cucumber Bites - Healing and Eating Made with a homemade coconut oil mayo #paleo #dairyfree #glutenfree

 **Derrika Morgan | Virtual Assistant + Online Marketing Manager**  
1.1k followers

Follow

### 6 ingredients

**Seafood**  
1 can Planet wild albacore tuna, Wild

**Produce**  
1 Cucumber  
1/3 cup Red onions

**Condiments**  
1/3 cup Coconut oil mayo, homemade

**Baking & Spices**  
1 Black pepper, fresh ground  
1 Sea salt

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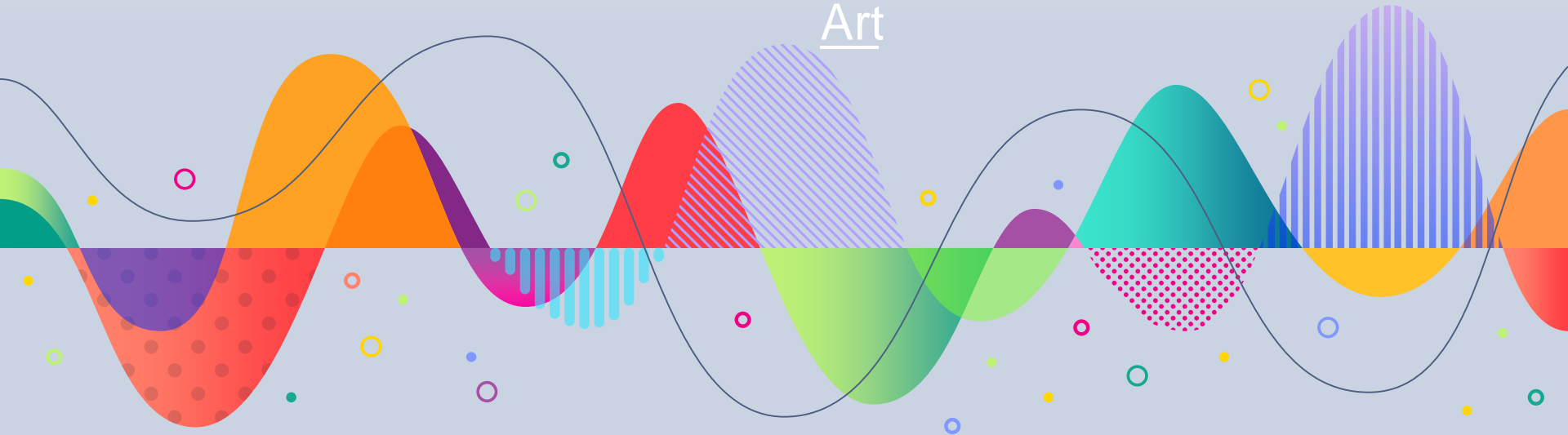
# Youtube Dance Workouts



# Music Therapy/Nature Screensaver Videos

- Choose any style of music that calms you (ex. Yellowjacket, Peter Collins, H.E.R.).
- Watch nature videos. If you have Netflix, look up a show called Moving

Art



## PD Survey



Please consider completing my PD survey so that I may collect feedback: <https://forms.gle/iQDzA8Fq7awT573N9>

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