What About Us?
By Professor Stephanie Dashiell
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https://professordashiell.com/
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...
How might we...

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

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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
  - Mask, air 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: Flower
Essential Oils (Therapeutic Grade)
Tuna Salad Cucumber Bites - Healing and Eating

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

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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
Youtube Dance Workouts

Enjoy!
Music Therapy/Nature Screensaver Videos

- Choose any style of music that calms you (e.g., Yellowjackets, 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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