Academic Affairs Presents

California State University, Bakersfield

Join your colleagues in programs and activities that will strengthen your wellness and wisdom during these challenging times!

Articles on wellness for educators

5 Simple ways to manage stress this year
Educator wellness: self-care in a selfless field
Six ways for educators to avoid compassion fatigue

Wellness Wisdom

Namaste November
Join guest instructor Shelly FreeseMann for some restorative zoom yoga!

Wednesday - 11/4
Zoom — 9:00 AM

Tuesday - 11/10
Zoom — 3:00 PM

Friday - 11/20
Zoom — 12:00 PM

Colleague Café
So, how's it going... really? Join your colleagues for some downloading on your highs and lows of remote instruction.

Thursday - 11/5
Zoom — 4:00 PM

Wednesday - 11/18
Zoom — 9:00 AM

Monday - 12/7
Zoom — 11:00 AM

Wednesday - 12/16
End of semester party
Zoom — 5:30 PM
Take a break from grading and join us for some zoom fun!