



"Self-Care for Personal and Professional Success"
March 3, 2021

Resources

Webinar Material

- [PowerPoint Slides](#)
- [Self-Care Assessment](#)
- [Community Programs at University of Colorado Helen and Arthur E. Johnson Depression Center \(programs offered for groups 20 or larger\)](#)
- [Presenter Bio](#)

CUPA-HR Knowledge Center Toolkits

Benefits:

- [Health and Well-Being](#)
- [Non-Insurance Benefits](#)

DE&I / Employee Relations:

- [Mental Health](#)

Other CUPA-HR Resources

- [Mental Health in the Time of COVID-19 – A CUPA-HR Podcast](#)
- [Essentials Video - Workplace Well-Being](#)



KNOWLEDGE

RESOURCES

ADVOCACY

CONNECTIONS

- [It's a Marathon, Not a Sprint — One HR Professional's Reflections on COVID-19 Burnout, Financial Anxiety, and the Need for a Really Long Nap](#)

Sponsor Material from Cornerstone OnDemand

- [Cornerstone OnDemand Higher Education Overview](#)
- [Diversity & Inclusion](#)
- [How to Build Resilient Learning Strategies for Higher Education](#)
- [Using Technology to Drive Diversity: How Compliance Training Tools Help Higher Ed Create More Inclusive Institutions](#)