

## CSUSB Faculty and Staff Wellness Resources

Faculty play a pivotal role in educating and mentoring students. Therefore, their mental well-being has a direct impact on their ability to perform these duties effectively. Maintaining mental wellness is essential for preventing burnout, promoting job satisfaction, and creating a positive work environment. When faculty members are in good mental health, they are better equipped to handle stress, communicate effectively, and contribute positively to a supportive and inclusive academic community. Overall, prioritizing mental wellness among faculty members is key to fostering a healthy and productive educational environment.

Faculty members at CSUSB have access to various resources that can help support their mental wellness and overall well-being. These resources include:

- ***The Retreat*** which focuses on wellness from a holistic perspective, addressing the six dimensions of wellness: physical health, social health, intellectual health, occupational health, spiritual health, and emotional health.

The Retreat is free of charge, located on the bottom floor of SMSU South, in room 102A. The hours of operation are Monday – Thursday from 9am -6pm. The following are some of the resources The Retreat has to offer faculty, staff, and students.

- **Be Well Yotes** – initiative is a partnership of campus resources aiming to deliver programs, services, and outreach efforts that educate, support, and motivate CSUSB students, faculty, and staff to maintain healthy and balanced lives.
- **Group Classes** are held in SMSU South and offer the opportunity for you to tap into your creative side in a supportive and inspiring environment. Classes are typically 2 hours in length and are on a first come first serve basis.
- **Relaxation** – If you need time to unwind and relax, there are ***Hammocks*** available for you. There is a ***Napping Space*** with nice massage chairs available for free. You can utilize the ***Study Space*** to assist you with retreating away from the noise and chaos.

Visit CSUSB Retreat website at: <https://www.csusb.edu/retreat> to learn more about the aforementioned services they offer. Contact telephone number is (909) 537-3031, Email: [sonia.martinez@csusb.edu](mailto:sonia.martinez@csusb.edu)

- **Recreation and Wellness** is focused on recreation and well-being and all faculty are eligible for membership. The following are available:
  - **Personal Training**
  - **Swimming Lessons**
  - **Various Fitness Classes** that are 45mins, 50mins, and 75mins in length, located in room 205 in SRC (Student recreation center). The main office is in RF-102, days and hours of operation are Monday – Thursdays from 6am -9pm.

Contact telephone (909) 537-2348. Visit: <https://www.csusb.edu/recreation-wellness/fitness-wellness/group-ex-schedule> to see their Group Ex Schedule of classes. Virtual Yoga, Pilates, Mindful Meditation, and Cardio classes are also available.

- **Staff Development Center/Well-Being** – provides resources dedicated to the mental health and well-being of staff and faculty. Connect by visiting the center in PL-1104B or: visit the [Staff Development Center](#) website to learn more about resources.
- **Employee Assistance Program (EAP)** is a free service, Life Matters by Empathia offered to CSUSB employees and their families who are in need of guidance, counseling, and professional care. Contact human resources (909) 537-5138, email: [hr@csusb.edu](mailto:hr@csusb.edu) or take a look at [Life Matters](#) online. The following are available resources offered:
  - Short-Term Counseling services for faculty, up to 6 sessions for each problem
  - Financial Consultation
  - Legal Consultation
  - Professional Development
  - Skills Coaching
  - Work/Life Resources
  - Healthy Living Service
- [Faculty Mentoring Program](#) provides a supportive environment for tenure-track probationary faculty.
- [Faculty Center for Excellence](#) is located in Pfau Library PL-4005 that offers various workshops on mental wellness topics, equity minded teaching, disability and inclusion, research service learning and more. Classes are offered in person and through virtual learning.
- [Mental Wellness Fellow](#) for Faculty Development and Academic Affairs – Nicole Arkadie provides assistance centered around mental health topics in staff meetings, workshops, and is available for consultation

### **Additional Wellness Resources:**

- [State Employee Wellness Program](#), California WorksWell program is dedicated to promoting a work environment that encourages healthy lifestyles and the enhancement of employee effectiveness and well-being.
- [Inspired Wellness](#) for state of California Employees
- [Take a Hike](#) and get fit outdoors or participate in a virtual hike through California Department of Parks and Recreation
- [Free Mindful Meditations](#) from UCLA's Mindful Awareness Research Center
- [Researched-based Well-being Exercises](#) from Berkley's Greater Good Magazine
- [Free Health and Wellness Meditations](#) from UCLA's Mindful Awareness Research Center
- [Evidence-Based Factsheets](#) from University of Washington Rehabilitation Research and Training Center for Aging with Physical Disabilities

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