

Mental Health Awareness

NSD IDEA Council
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May is Mental Health Awareness Month

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Explore the resources below and reach out to the [Employee Assistance Program \(EAP\)](#) if you need support or guidance.

Websites:

- [Mental Health Resources on the Healthy & Well at LBNL website](#)
- EAP [Support for supervisors](#) as they continue to manage their staff during times of adjustment
- [UC Berkeley Self Coaching Wellness Guide](#) - Step-by-step guide designed to support you in making behavior and lifestyle changes.
- [Stigma-Free UC](#) - strives to promote compassion, empathy and understanding of this complex and often misunderstood topic

Toolkits:

- [Emotional Wellness Toolkit](#) - The NIH has put together a list of six strategies for improving your emotional health. Each area has a checklist, articles and more. [The toolkit is also available en español.](#)
- [Exercises to strengthen resilience](#) - UC Berkeley Greater Good Science Center
- [Quick meditations](#) to reduce anxiety - UCLA
- [Ergo Angle: Take Time to Recharge](#)

Good Reads:

- [Why Taking Care of Your Own Well-Being Helps Others](#) - Greater Good Science Center, UC Berkeley
- [Five Reasons to Share Your Mental Health Struggles](#) - Greater Good Science Center, UC Berkeley
- [Communicate assertively](#) to set healthy boundaries and limits at work - Mayo Clinic

For the full list and all the details, visit the [monthly resource section on the Healthy & Well homepage](#).

Upcoming Events for Mental Health Awareness Month:

- Understanding and Responding to Toddler Tantrums - Thurs, May 4; Noon
- Guided Meditation - Tues, May 9; Noon
- Grief Management for Caregivers - Tues, May 16; 12:10 – 1:30 pm
- Mental Health – In the Wake of COVID-19 - Health Net - Weds, May 17, 12 noon
- Creating Healthy Boundaries in the Workplace - Thurs, May 18, 12 noon

Videos:

- A Scientist's Primer on Mental Health - this 1-hour seminar that was held at LBNL in 2020 delivers the basics of mental health at a level that academics appreciate.
- Support Your Mental Health Through Challenging Times- LinkedIn Learning



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In 2019, burnout was officially recognized as a work-related phenomenon by the World Health Organization...as a “syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed.”

~ Gallup’s Perspective on Employee Burnout: Causes and Cures

Six Causes of Burnout¹

1. Workload
2. Perceived lack of control
3. Lack of reward or recognition
4. Poor relationships (i.e. lack of a sense belonging and community)
5. Lack of fairness
6. Values mismatch

Six positive “fits” that promote engagement and well-being²

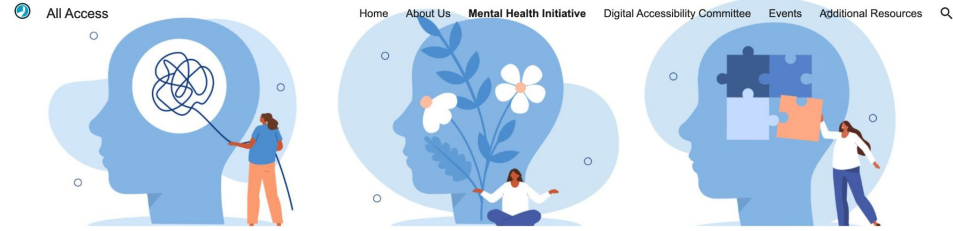
1. A sustainable workload;
2. Choice and control;
3. Recognition and reward;
4. A supportive work community;
5. Fairness, respect, and social justice; and
6. Clear values and meaningful work.

¹ [Six Causes of Burnout at Work](#) - Greater Good Science Center

² [Finding Solutions to the Problem of Burnout](#) - Dr. Christina Maslach

Mental Health Initiative

Past events lead by [Dragonfly Mental Health](#)



[A Scientist's Primer on Mental Health](#)

You're not alone: recent studies have revealed that mental health struggles are extremely common among researchers. Watch this one-hour seminar for an expert-led discussion on the causes and remedies of mental health challenges in science & academia



[Basics of Burnout in a Research Environment](#)

Balancing our professional and personal lives in an increasingly chaotic world is no easy feat. This one-hour seminar and facilitated discussion helps identify the signs and provides strategies to mitigate and prevent work-related stress.



[Continuing The Conversation On Burnout: Dos And Don'ts For Supervisors](#)

Dragonfly Mental Health is back to discuss the role supervisors can play in mitigating burnout for their staff.

2023 UC MOVES CHALLENGE



UC Moves Summertime Challenge - May 1 - 28, 2023

UC Moves Summertime Challenge is kicking off for 4 weeks of movement between May 1-May 28. This is an annual UC system-wide movement and activity challenge. Join us!

Represent Berkeley Lab in the 2023 system-wide 4-week movement and activity challenge.

Registration is available now (through May 21); After registering, you can also download the app to your phone for mobile updates. Increase your success by inviting friends to join, or joining a team. Activities earn you points, and all participants that earn 5 fireflies a week will be entered into a weekly random drawing for great prizes!

UC Moves Flyer



- Celebrate with [Zoom backgrounds!](#)
- [Asian Pacific Islander Employee Resource Group \(API ERG\)](#) will be hosting:
 - Tuesday, May 12 - 3pm PST - Movie Screening and Potluck: “Everything Everywhere All at Once”
 - Tuesday, May 16 - 12 Noon PST - SF Asian Art Museum Virtual Art Lecture: The Silk Road: Globalization in the Ancient World
 - Tuesday, May 23 - 3:30pm PST - SF Asian Art Museum Virtual Art Lecture: The Language of Flowers in Asian Art

Opportunities to Be Involved in Outreach and Service

● **K-12 STEM Outreach Opportunities**

- Be a part of the [SAGE](#) summer camp to connect marginalized-gender students with STEM professionals
 - Support the The Berkeley Lab Director's Apprenticeship Program ([BLDAP](#))
 - Help with various local school STEM outreach programs coming up
- Visit the K-12 Outreach and Education homepage to sign up for the newsletter and read more about the programs!
- <https://k12education.lbl.gov/home>

● **Community Service Opportunities**

- Volunteer with the [Food Bank of Contra Costa and Solano](#) (FBCCS), the [UC Berkeley food pantry](#), or the [Alameda County Community Food Bank](#)
- Volunteer with [Meals on Wheels](#) to pack or deliver food to Berkeley's homebound seniors
- Sign up to be a tutor for "[Literacy for Every Adult Program](#)" or another "[Bay Area Literacy](#)" program
- Get involved with [Homies Empowerment](#), an after school enrichment program for gang impacted youth

Sign up to volunteer for these opportunities and more at <https://service.lbl.gov/need/>

NSD IDEA Council resources

- URM Job Posting funding
- [Luminary Cards](#)
- IDEA SPOT Award Program
- [LeanIn cards “50 ways to fight bias”](#)

Lab-wide resources

- [Idea.lbl.gov](#)
- [Employee Resource Groups](#)
- [Physical Sciences Workplace Life Committee](#)

Consider joining the Council!

- All-volunteer effort
- Looking for people from all roles and areas of NSD

Share your ideas for topics or other feedback:

NSD-IDEA-Council@lbl.gov