Welcome! Thank you for joining the webinar.

We will begin shortly.

Your microphone will be muted during this session.

However, you can use the chat button to submit questions.

There will be opportunities to share via polls.
Pulse Check-In

What is your energy like today?

1 star being the lowest and 5 stars being the highest

ℹ️ Start presenting to display the poll results on this slide.
ZOOM FATIGUE – HOW TO COPE
EVERYONE IS STARING AT ME
COGNITIVE OVERLOAD
MIRROR, MIRROR, ON THE . . COMPUTER?
STUCK HERE ALL DAY
SELF-CARE

SELF CARE ISN'T SELFISH
SELF-CARE
“CON’T”
SELF-CARE RELAXATION TECHNIQUES
SUPPORTING ONE ANOTHER
Pulse Check-In

Share 1 Positive Self-Care practice that has worked for you.

ⓘ Start presenting to display the poll results on this slide.
CONNECTING TO OTHERS
TOOLS FOR THOSE WHO LEAD
Pulse Check-In

What obstacles are getting in your way of wellness and connecting to others?

ℹ️ Start presenting to display the poll results on this slide.
Resources

Staff
- HR/LDP
- CDC.org
- NJWELL
- Mindfulness @ Ramapo
- Dr. Kahn

Student
- Counseling Services
- Health Services
- Mindfulness @ Ramapo
RECAP

Key Takeaways

**Self Care** – Make time for yourself, Healthy choices, be mindful, be realistic

**Connecting with Others** – Support one another, be mindful, be present, be kind, be human

**Leading** – Communicate, be present, manage energy, be flexible, be appreciative and show appreciation
QUESTIONS

To ask a question self identify in the chat box and we will call on you to unmute and ask your question