

Faculty and the Covid-19 Pandemic: A Series on Coping, Spring 2021
Offered by Deb Franko, Senior Vice Provost for Academic Affairs

- 1** **Introduction to the Series**
February 11, 4-4:45p EST
[Join here](#) 
- 2** **Coping with Stresses and Challenges**
February 18, 4-4:45p EST
[Join here](#) 
- 3** **University Resources and Available Assistance**
February 25, 4-4:45p EST
[Join here](#) 
- 4** **Healthy Body, Healthy Mind: Eating, Sleeping, and Exercise**
March 4, 4-4:45p EST
[Join here](#) 
- 5** **Healthy Body, Healthy Mind: Yoga and Movement**
March 11, 4-4:45p EST
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- 6** **Healthy Body, Healthy Mind: Mindfulness and Meditation**
March 18, 4-4:45p EST
[Join here](#) 
- 7** **Coping with Social Isolation**
March 25, 4-4:45p EST
[Join here](#) 
- 8** **Burnout and How to Avoid it**
April 1, 4-4:45p EST
[Join here](#) 
- 9** **Zoom Fatigue**
April 8, 4-4:45p EST
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- 10** **Review and Wrap-up**
April 15, 4-4:45p EST
[Join here](#) 

Faculty and the Covid-19 Pandemic: A Series on Coping

A weekly series, sponsored by the Office of the Provost, for all faculty.

Week 1

Topic: **Introduction to the Series**

Date/Time: February 11, 2021, 4-4:45pm EST

[Click here to join the meeting](#) or [+1 857-327-9010, 500412540#](tel:+18573279010)

Speaker: Deb Franko, Senior Vice Provost for Academic Affairs, Professor, Department of Applied Psychology

Readings for next week:

[Seven Ways to Reduce Stress in Anxious Times](#)

Accessing The Wall Street Journal through Northeastern University:

- When accessing this article through your Northeastern University email, a pop-up should appear asking you to activate your free, Northeastern University sponsored, account with The Wall Street Journal.
You will be prompted to “activate now.” Please follow the directions to activate your account using your Northeastern University email. Once you have signed up, you will receive an email asking you to verify your account.
- **Alternatively**, sign-in using your Northeastern University credentials at [Scholar OneSearch: Northeastern Library](#). There, you can search “Seven Ways to Reduce Stress in Anxious Times” and find the article by Elizabeth Bernstein. The result will have links to websites where you can access the full text.

[Can the Worst of Times Bring Out the Best in Us?](#)

[COVID-19: How to be Safe and Resilient](#)

Week 2

Topic: **Coping with Stresses and Challenges**

Date/Time: February 18, 2021, 4-4:45pm EST

[Click here to join the meeting](#) or [+1 857-327-9010, 500412540#](#)

Speaker: Kristen Lee, Associate Teaching Professor, College of Professional Studies

Readings for next week:

[The Implications of COVID-19 for Mental Health and Substance Use](#)

[The psychologist will see everyone now](#)

[HR Wellness Resources](#)

Northeastern University Mental Health Resources (separate PDF) (found on the [Faculty Resources](#) page on the Office of the Provost website)

Week 3

Topic: **University Resources and Available Assistance**

Date/Time: February 25, 2021, 4-4:45pm EST

[Click here to join the meeting](#) or [+1 857-327-9010, 500412540#](#)

Speakers: Michele Grazulis, Vice President, Human Resources and Diane Levin, University Ombuds

Readings for next week:

[Self-Care for Mental Health Problems in the Time of COVID-19](#)

[Importance of Physical Activity and Exercise during the COVID-19 Pandemic](#)

[Eat Healthier, Even During a Pandemic](#)

Week 4

Topic: **Healthy Body, Healthy Mind: Eating, Sleeping, and Exercise**

Date/Time: March 4, 2021, 4-4:45pm EST

[Click here to join the meeting](#) or [+1 857-327-9010, 500412540#](#)

Speaker: Chuck Hillman, Professor, Departments of Psychology and Health Sciences, College of Science and Bouvé College of Health Sciences

Readings for next week:

[Sleep Guidelines During the COVID-19 Pandemic](#)

[Eating during COVID-19: Improve your mood and lower stress](#)

[Meditation and Yoga Practices as Adjunctive Therapies for COVID-19](#)

Week 5

Topic: **Healthy Body, Healthy Mind: Yoga and Movement**

Date/Time: March 11, 2021, 4-4:45pm EST

[Click here to join the meeting](#) or [+1 857-327-9010, 500412540#](#)

Speaker: Laura Dudley, Associate Clinical Professor, Department of Applied Psychology, Bouvé College of Health Sciences

Readings for next week:

[7 science-based strategies to cope with coronavirus anxiety](#)

[Mindfulness: How it can help amid the COVID-19 Pandemic](#)

Week 6

Topic: **Healthy Body, Healthy Mind: Mindfulness and Meditation**

Date/Time: March 18, 2021, 4-4:45pm EST

[Click here to join the meeting](#) or [+1 857-327-9010, 500412540#](#)

Speaker: Michael Sweet, Director, Design and Integration, CATLR

Readings for next week:

[Psychological Consequences of Social Isolation during COVID-19 Outbreak](#)

[Dealing with Social Isolation](#)

Week 7

Topic: **Coping with Social Isolation**

Date/Time: March 25, 2021, 4-4:45pm EST

[Click here to join the meeting](#) or [+1 857-327-9010, 500412540#](#)

Speaker: Daniel Aldrich, Professor, Department of Political Science, Public Policy and Urban Affairs; Director, Security and Resilience Studies Program

Readings for next week:

[Burning Out](#)

[Regroup and Refocus: Strategies to Avoid Professor Burn Out](#)

Week 8

Topic: **Burnout and How to Avoid it**

Date/Time: April 1, 2021, 4-4:45pm EST

[Click here to join the meeting](#) or [+1 857-327-9010, 500412540#](#)

Speaker: Tim Hoff, Professor, Management, Healthcare Systems, and Health Policy, D'Amore-McKim School of Business and School of Public Policy and Urban Affairs, College of Social Sciences and Humanities

Reading for next week:

[Stanford researchers identify four causes for 'Zoom fatigue' and their simple fixes](#)

Week 9

Topic: **Zoom Fatigue**

Date/Time: April 8, 2021, 4-4:45pm EST

[Click here to join the meeting](#) or [+1 857-327-9010, 500412540#](#)

Week 10

Topic: **Review and Wrap-up**

Date/Time: April 15, 2021, 4-4:45pm EST

[Click here to join the meeting](#) or [+1 857-327-9010, 500412540#](#)