

Our Space

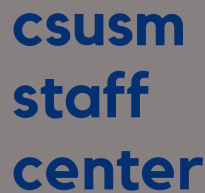


Resources have been compiled by the Council of Care. Thank you to the campus departments who created the content in many of the resources listed.


Council of Care

Who are we?

The Council of Care is comprised of representatives from FACES (Faculty Advocacy, Care, Engagement, and Support), Staff Center, and Cougar Care Network



Dr. Betina Scott, Director of FACES

Susan O'Connor, Interim Director – Staff Center

Bonnie Campbell, Care Manager for Cougar Care Network

Jennie Ruiz, Associate Dean of Students



Resources for Self-Care

[Mindful CSUSM](#)

[EAP Employee Assistance Program](#)

[Activity Book for Self-Care During COVID-19](#)

[Self-Care Guide](#)

[Caring for Yourself and Others as a Leader Podcast](#)


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Anti-Racism Resources



Racial Trauma, Resiliency, and Ally Resources

In Solidarity and Anti-Racism

1619 series - 1619 Podcast

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Coping with the Events of January 6th

Webinar: [Justice and Reconciliation on our Campuses and in our Nation](#)

[Resources for Talking About Democracy](#)

[Leading Conversations After Crisis](#)

[Responding to the Insurrection at the US Capitol](#)

[Resources for Teachers on the Days After the Attack on the US Capitol](#)

[Mental Health Professionals on How to Cope with Extremism](#)

[Resources for Coping With the Trauma of the Insurrection](#)

[Looking for Lessons in an Insurrection](#)

[How to Talk to Young People About the Capitol Attacks](#)

[How 15 Educators Helped Students Make Sense of the Chaos](#)


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Secondary Trauma and Compassion Fatigue

Defining Vicarious Trauma and Secondary
Traumatic Stress

Three Keys to Help Staff Cope With
Secondary Trauma

How to Listen Less

Dealing with Grief*



[COVID-19 Grief Resources\(COVID-19\).](#)

[General Grief Resources](#)

[Relaxation As a Tool](#)

[Cognitive Distortions and Restructuring.](#)

[Coping Activities](#)

[Therapist Finder](#)

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Palliative Care: Caring for Others

Shiley Institute of Palliative
Care at CSUSM

Free Palliative Care Resources


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