Community Care in a Challenging Time

Emma Ringer, Paola Alonso, Tina Herod, Iberia Zafira
Prospect Development, UDAR
Becoming and Being Well

- Work is an integral part of our lives and it should be a place to thrive
- Our focus: How to create a supportive space for all
- Staying agile as our experiences change
- Finding our special sauce and continuing to evolve

- We invite you to explore our evolution and what it means to be well: mind, body, and beyond
- This will be interactive
- There will be breakout rooms and an opportunity to share
- Everything is optional
Paola Alonso
Tina Herod
What is the Healthy Team?

- Created in 2019 by our colleague Colby Halligan
- Mission: Create an inclusive environment where our colleagues can feel supported in their health journey - physically, mentally, and emotionally
- Supported by PD’s management
- Every resource we provide is completely optional to participate
Check In

How Are You?
Community Care and PD

How did PD prioritize wellness pre-pandemic?

- Affirmation + Intention
- Closeness (beyond space)
- Connection
- Inclusion
- Reflection

- Healthy Department Certification through University Health Services
- Creating a meditative space
- Cross office talk
- Creating space for people to be authentic
- Team lunches
Breakout Room #1: Pre-Pandemic

How did you prioritize wellness pre-pandemic?
Q&A with PD
Community Care and PD

How did PD prioritize wellness during the pandemic?

- Affirmation + Intention
- Closeness (beyond space)
- Connection
- Inclusion
- Reflection

- Use of alternative meetings
- Celebrating birthdays, baby showers, retirements
- Palooza + Slack
- Encouraging time to refresh - yoga, meditation, exercise, better mental health state
- PD Pods
Maintaining the Special Sauce!

Connectedness - Camaraderie - Intentionality - Humor

• Celebrate milestones

• Make time to connect in a fun and light-hearted way

• Create a break in the workday
Maintaining the Special Sauce!

*Connectedness - Camaraderie - Intentionality - Humor*

• Deepen personal connection and understanding of colleagues

• Create an inclusive and open platform for communication

• Support colleagues
Maintaining the Special Sauce!

Connectedness - Camaraderie - Intentionality - Humor

- Encourage restorative actions
- Increase our connection to things that enrich our lives
- Support holistic wellness
Maintaining the Special Sauce!

Connectedness - Camaraderie - Intentionality - Humor

- Provide small group, informal opportunities to connect
- Create dynamic conversations
- Encourage openness and connection

Getting to Know Your PD Pals:
- Any new hobbies since March?
- How do you like to stay connected?
- What are your favorite self-care practices to stay balanced and grounded?
Breakout Room #2: Pandemic

What are you or your team doing now around wellness?
What is your special sauce?
Stay Frosty!

- Affirmation + Intention
- Closeness (beyond space)
- Connection
- Inclusion
- Reflections
Wellness Toolkit

bit.ly/pd-now-toolkit
Centering Activity

List out 2-3 items you are grateful for in each category:

- People
- Things that you have
- Experiences
- Personal qualities
Q&A with PD
Thank You!

Emma Ringer
ringer@berkeley.edu

Paola Alonso
palonso@berkeley.edu

Tina Herod
tinaherod@berkeley.edu

Iberia Zafira
iberia@berkeley.edu