Berkeley Staff Assembly
Working Together

Berkeley Staff Assembly Event-
Staff Mental Health During a Time of Trauma & Uncertainty
Thursday, June 25th, 2020   12:00-1:00 pm

During the virtual event we hope to provide staff with an opportunity to come together, learn about mental health resources, and discuss the impacts of the COVID-19 pandemic and pervasive systemic racism.

Participants- Adisa Anderson, Lasana Hotep, & Leadership from CESO

Format- This event will include interactive polling, time for the participants to answer a few of the questions submitted by staff, and break out groups for more in depth discussion. We expect the event to take the entire hour. Following the event a list of resources will be sent out to attendees. This list will be a living document. Staff can email bsaevents@berkeley.edu if there are resources they'd like to add to this list.

Poll Everywhere, https://www.polleverywhere.com/- During this event we will be using Poll Everywhere, an interactive polling program. You can use your cell phone or computer to participate in the polling questions.

One of the interactive questions will ask attendees to up-vote questions submitted by staff.

We ask you to review the questions listed below and be ready to upvote the question you want answered. The participants will answer the top 3-5 questions, time permitting. We encourage attendees to use the questions as conversation starters during breakout groups.

- Ways of staying focused and motivated during this time.
- How to focus on the work we are doing when the world is so crazy all around us?
- How can we practice self care in a double pandemic when work is still very demanding?
- Compassion Fatigue (SYSTEMIC & OVERT RACISM) and Social Media/News Fatigue (COVID-19 COVERAGE)
- How to deal with well-intended co-workers who are trying but don't quite know what to do or get it and how to navigate meetings with others who don't really get it and aren't really trying to get it?
- Understanding how "Business As Usual" attitudes in professional settings (ie. Zoom Meetings and Events) can increase stress, trauma, and disempowerment of affected demographics /individuals to acclimate to the "Okayness" of the group.
- Will all students, staff, and professors be required to attend a training that addresses diversity, inclusion, racism and biases?
- Setting appropriate boundaries at work to maintain mental wellness

- The impact of child or eldercare/homeschooling on the ability for parents to work, and how the campus plans to address the unique impact of these stressors on employees.
- Tips for departmental/coworker support & connection during traumatic times while telecommuting
- How do we make space for important conversations around racial injustice, privilege and systemic inequities at work given our current stay at home situation?
- Fear about returning to "normal"
- Since staff began working from home, for many workloads have increased and have had a hard time balancing. Any tips and suggestions?
- How to remain hopeful about the diversity, inclusion, and equity as we cultivate and create new tools towards understanding and dismantling systemic racism?
- Is "putting on a happy face" for supervisors and colleagues during times of stress detrimental to long term mental health or is "fake it til you make it" ok?
- Discuss how the campus will continue to combat systemic racism, and discuss the relationship the campus has with the police and law enforcement.
- What are concrete steps we as a community can take to combat racial injustice in our institution?
- What guidance could be provided to maintain our well-being and mental health during our days full of Zoom sessions?
- How do we make space for important conversations around racial injustice, privilege and systemic inequities at work given our current stay at home situation?
- What are some ways to professionally and respectfully ask for space among clients who wish to engage in racial political/racial social topics while I am conducting work?