

[resources/?CMSPAGE=Office_of_Human_Resources](#) (then click on Systems and then on Skillsoft)

Personal/Emotional Support

As a new faculty member, you are in the midst of a significant identity and role transition—from graduate student (or post-doc) to professor. As a result, you may need support in dealing with the common stress and pressures of transitioning to life on the tenure track. Suggestions:

Reach out to colleagues/friends in your department and beyond with whom you connect

Participate in Mindful Mondays, a meditation group that meets at the library

Take advantage of the yoga and spin classes in the Rec Center, or go to lift weights or use the pool

Join Roel Snieder's (rsnieder@mines.edu) running club

Be the positive change you want to see: this week, say thanks to five people or ask five people how they are doing, and make a genuine effort to be interested in their response

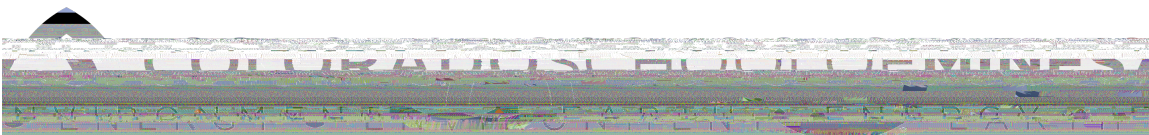
C-SEAP (State of Colorado's confidential Employee Assistance Provider) is available to address personal problems and workplace issues. CSEAP counseling, training, and organizational development services are free-of-charge and located on campus. To make an appointment with C-SEAP on the Mines Campus, call (303) 866-4314

Faculty enrolled in Mines' Anthem plans are covered for most counseling services. The cost depends on your plan and whether you use an in-network or out-of-network provider. Employees can check their benefits at: www.mybensite.com

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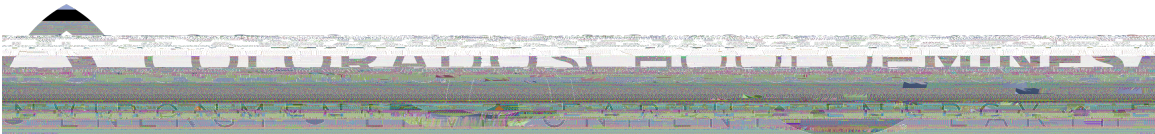
Through Anthem and Live Health Online, employees also have access to virtual psychology and/or psychiatry services, covered through our Anthem insurance plans. Download the Live Health Online app or visit the website: <https://livehealthonline.com/>

Lastly, all employees have access to Colorado Crisis Services. They provide phone, text and walk-in assistance. Call 1-844-493-8255 or text "TALK" to 38255. To locate a walk-in site, see their website at <https://coloradocrisisservices.org/>



Access to Networks

Because knowledge isn't produced in isolation, it's critical for you to connect with others to discuss potential research collaborations, navigate external



- If you're looking for an off-campus (non-Mines-affiliated) life coach, one local option is Katharine Lavenhagen, who focuses on life transitions: <http://coachingwithkatharine.com/>

The Weekly Challenge

This week, we challenge you to:

- Pause every time you feel the urge to use the word "mentor" or "mentoring" and ask yourself: What do I need right now? What's

