#CUStayConnected
Weekly Resources and Tips for Development and Wellness for Faculty and Staff

**MONDAY, MAY 4TH**
- **Training**
  - For the Family: Printable Clemson University Coloring Pages
  - The Experience of Working From Home: advice, tips, and how to do it successfully (Video)
  - Support Student Veteran Center with the Class of 1967 Veteran Endowment
  - #MyDayMonday – Encouraging one another to grow and learn, with personal & professional development resources

**TUESDAY, MAY 5TH**
- **Engagement**
  - Celebrate at Home with the Family with these 15 Cinco de Mayo Recipes
  - 25 Cinco de Mayo Facts, Plus the History of Cinco de Mayo
  - Give Tuesday – Donate to Clemson’s Emergency Funds for Faculty, Staff and Students
  - #TipTuesday – tools/tips as you work from home

**WEDNESDAY, MAY 6TH**
- **Tips**
  - Mental Health Support for Anxiety (Video)
  - Looking for professional development? Visit the Learning Library page in Tiger Training
  - 20 Best YouTube Workout Videos
  - #WellnessWednesday – share exercise & wellness resources

**THURSDAY, MAY 7TH**
- **Development**
  - 8 Ways to Train Your Mind to Succeed During Uncertain Times (Article)
  - Championing the Staff Performance Management Process – Supervisor Training Series
  - Keeping Children Healthy While School is Out (Source – CDC)
  - #ThankfulThursday – share what you are thankful for today

**FRIDAY, MAY 8TH**
- **Engagement**
  - Mother’s Day Crafts for Kids (Article)
  - Photoshop: Mandala Magic and Content Aware Fill – Tips and Tricks – Register in CUCourse
  - How to Celebrate Mother’s Day During Social Distancing
  - #SolidOrangeWFHFriday - Clemson family and solid orange Friday

**OTHER RESOURCES**
- Health and Wellness Page
- Clemson COVID-19 Website
- COVID-19 Supervisor Resources
- COVID-19 Faculty and Staff Resources
- Mental Health and Well-being
- Telecommuting Guidance
- HR Homepage

**ENGAGEMENT RESOURCES**
Access Additional Engagement Resources
Let’s Connect! Use the hashtag of the day along with #CUStayConnected on your social media platforms
Contact us to receive this newsletter in your inbox weekly

**PRO-DEV**
May Professional Development Calendar Available