OFFICE OF HUMAN RESOURCES | OCTOBER 5 – OCTOBER 9
#CUStayConnected
Weekly Resources and Tips for Development and Wellness for Faculty and Staff

**MONDAY, OCTOBER 5TH**
- **Article:** Five Ways to Take Charge of Your Professional Development
- **Recorded Webinar:** Maximizing Your Day – Access Recording [HERE](#)
- **Happy National Be Nice Day!** Read [this article](#) to find ways to celebrate today
  - #MyDayMonday

**TUESDAY, OCTOBER 6TH**
- Leaves are changing! Check out [this article](#) for ideas around the Upstate to add to your family’s fall itinerary
- **Article:** How to Defeat Busy Culture
- **TipTuesday**

**WEDNESDAY, OCTOBER 7TH**
- **Article:** Research – Why Breathing is So Effective at Reducing Stress
- **Supervisor Training** - Mingling with Misconduct: Performance and Discipline @ 8:30 AM | Register [HERE](#)
- Check out our Employee Assistance Program (EAP)'s AWARE Stress Reduction Program [HERE](#)
  - #WellnessWednesday

**THURSDAY, OCTOBER 8TH**
- Proud of your employees’ hard work lately? Here’s 8 Email Templates to Thank Them for Their Great Work!
- **Facebook Live** -- Finding Opportunity: Career Services and Professional Development @ 12:00 PM
- Follow Clemson Alumni on social media to participate in various family activities! [Facebook](#) | [Instagram](#) | [Twitter](#)
  - #ThankfulThursday

**FRIDAY, OCTOBER 9TH**
- Interested in Online Mentorship Opportunities with other Clemson Tigers? Access more information [HERE](#)
- **Content Creation – Becoming an Author in Tiger Training** @ 10:30 AM | Register [HERE](#)
- Hosting a tailgate for the football game this weekend? Remember to review [CDC’s Social Distancing guidelines](#)
  - #SolidOrangeWFHFriday

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**ENGAGEMENT RESOURCES**

Share Your Feedback!
Let us know what you think about the #CUStayConnected newsletter

Let’s Connect! Use the hashtag of the day along with #CUStayConnected on your social media platforms

Contact us with newsletter ideas and to receive the weekly email

**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