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

**MONDAY, APRIL 6TH**
- TEDx – The Happy Secret to Better Work by Shawn Anchor
- EAP – Healthy Mindset Toolkit - Webinar
- How to Reinvigorate (source - Forbes)
- #MyDayMonday – Encouraging one another to grow and learn, with personal & professional development resources

**TUESDAY, APRIL 7TH**
- Working Remotely During Crisis – Percipio Course
- Performance Tracking & Coaching Employees / Supervisors
- CU Zoom Backgrounds provided by the Alumni Association
- #TipTuesday – tools/tips as you work from home - this week’s theme is technology

**WEDNESDAY, APRIL 8TH**
- Virtual exercise and nutrition program available through Clemson Cooperative Extension
- Performance Planning Employees / Supervisors
- Follow Campus Recreation on social media for workout graphics and live classes are posted daily
- #WellnessWednesday – share exercise and wellness resources with one another

**THURSDAY, APRIL 9TH**
- Resilience: The Power to Succeed
- The Benefits of Cultivating an Attitude of Gratitude (Article)
- We are always thankful for our teachers, but especially during these ever-changing times. (Article)
- #ThankfulThursday – share what you are thankful for today

**FRIDAY, APRIL 10TH**
- How to Handle Extremely Stressful Circumstances – LIVE Webinar from 2 – 3 PM ET
- Develop and Share Your Own Training Content
- Clemson students launch 'Save Mom and Pop Shops' website (Article)
- #SolidOrangeWFHFriday - show us your solid orange Friday gear or what you love about your Clemson family

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**ENgAGEMENT RESOURCES**
Let’s Connect! Use the hashtag of the day along with #CUStayConnected on your social media platforms
- Remote Work Bingo
- Virtual / Remote Engagement Ideas
- Engagement Tips for Working Remotely
  Click [HERE](#) to access

**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

**PRO-DEV**
View our April Professional Development Calendar