# CSA SCS

# Taking Care of Yourself in an Uncaring Institution

## Webinar 6 with Dr. Ariane Hanemaayer

The institution is uncaring and causes harm, so now what?

## GET CRITICAL . GET SOCIOLOGICAL .

1. Poor mental health in the academy is often a function of the <u>culture</u> and <u>workload</u>
2. Stress and pressure are normalized and even glorified in the academy
3. Recognize the <u>barriers</u> in your position/ circumstances (i.e. pressure to publish, imposter syndrome, ideological conflicts)

## CREATE SPACE FOR YOUR WELLNESS

- ✓ "Just Say No" and prioritize your tasks
- ✓ Be realistic about your capacity, resources, and circumstances
- ✓ Respect yourself by creating boundaries
- ✓ Learn how you work best
- ✓ Celebrate every achievement
- ✓ Take rejection as part of the feedback process

To access the webinar recording, please visit: www.csa-scs.ca/student-webinar-series

## BUILD SOLIDARITY

→ **Insitutions need to be held accountable to enact meaningful change**

→ Often it is easier to approach challenges collectively with peers

→ Making demands to an insitution benefits everyone, i.e. others will benefit from your requests, demands, strategies, and success

→ Advocacy can be tricky, as it always co-exists with privilege and entitlements—which is why diplomacy as a tactic is important

"My performance at one point in time is not tied to my self-worth, rather, it is just that--what I was capable of doing at the time."

The **Student Webinar Series** is brought to you by the Canadian Sociological Association Student Concerns Subcommittee (CSA-SCS).