

Fridays with the Flock

Weekly learning resources from the Salisbury University HR Team



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Welcome to Fridays with the Flock!

Join us for recommended readings, training links and insights to help you thrive at work and beyond. Happy Friday!

World Mental Health Day

In observance of **World Mental Health Day** on Monday, October 10, join the Psychology Department for a mental health awareness event from 3-5 p.m. in Red Square, featuring campus resources, mindfulness activities and giveaways. You can also access the Guidance Resources [Mental Health Awareness Toolkit](#) for additional Employee Assistance Plan (EAP) resources.



CLICK OR SCAN

How to Deal with an Empty Nest

As the fall semester gets into full swing, some of us may be feeling the effects of sending our own teens off to college for the first time. Allow [this article](#) from *Thrive Global* to give you some practical advice on dealing with empty nest syndrome.



Professional Development Week 2022

The University System of Maryland (USM) Professional Development Week virtual conference returns October 17-22, with the theme **Empower Your Journey: Unleash Your Potential**. Featuring a keynote panel of USM leaders and engaging workshops on productivity, personal leadership mastery, workplace wellness, and diversity, equity and inclusion, as well as networking opportunities with colleagues from across the system, this is a free training event, which is not to be missed! [RSVP here](#) and be sure to request approval from your supervisor.



LinkedIn Learning This Week

Human Resources suggests the following free LinkedIn Learning courses that you can view at your own pace. Take advantage of these timely and informative webinars for professional and personal growth:

[Nano Tips for Finding Happiness through Empathy](#)



[Virtual and Hybrid Meeting Essentials](#)



Self-care means giving yourself
permission to pause.

– Cecilia Tran

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