“Refuel, Invest and Inspire Campus Well-Being”
October 4, 2022

Resources

Webinar Material

- Presentation Slides
- Presenter Bios
- Webinar Site

CUPA-HR Knowledge Center Toolkits

Health & Well-Being:
- Mental Health

Leadership & Strategy:
- Organizational Culture & Climate

CUPA-HR Magazine Articles and Blog Posts

- Take a Break With These Meditation Resources
- Strategies to Become More Resilient in Work and Life
- HR Care Package — Resources for Self-Care
Sponsor Material from PageUp

- [PageUp Higher Education Overview](#)
- [PageUp Higher Education Flyer](#)