



FACULTY

WELL-BEING

SERIES

SPRING 2026 WORKSHOPS

The Faculty Well-being Series is a UAB Center for Teaching and Learning program presented by the UAB Employee Assistance and Counseling Center

THERAPEUTIC ART GROUP: NEW BEGINNINGS

January 16, 1-2 p.m., LHL 411

January is a month of change, reflection and resolution. This year, use therapeutic art making to set intentions, not resolutions, for new beginnings in 2026. *No art experience required.*

STRESS MANAGEMENT

February 12, 11 a.m.-12 p.m., via Zoom

Explore the causes, sources and effects of acute and chronic stress, learn the importance of managing daily stressors, and develop a stress management personal action plan.

VITALCOG: SUICIDE PREVENTION IN THE WORKPLACE

**February 18, 1:30-3:30 p.m.,
LHL 411**

Did you know individuals with depression miss an average of 4.8 days of work each year and experience 11.5 days of reduced work productivity? What if you could create a "safe space" for dialogue regarding workplace mental health challenges? In this seminar, participants will learn the skills needed to proactively address the early warning signs of mental health and suicide in the workplace. *This program is eligible for the UAB Enterprise Mental Health Advocate Program.*

ELIGIBILITY:

Workshops are designed for current UAB teaching faculty, instructors of record, academic advisors, and other student-facing staff members.

REGISTRATION:

Visit go.uab.edu/EACC-Calendar, or go to calendar.uab.edu and search "Center for Teaching and Learning," then select an event to register.

UAB The University of Alabama at Birmingham

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& COUNSELING CENTER

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