



THE UNIVERSITY *of* NEW ORLEANS

STAFF COUNCIL

Staff Council: 08.26.2021

*keep an eye on the gulf for developing storm.

Randall met with Dr. Nicklow so he's aware of staff council's format

1. Committees:

- a. No committee reports right now
- b. Treasurer: 275- budget, foundation 110 – attach formal report
- c. No emails at staff concerns
- d. Now that we have a budget we will

2. New business:

- a. Bylaws
 - i. Done an initial review of the bylaws and made updates/suggested changes
 - ii. Goal: end of the month we'll post the bylaws to do public comments, vote in October meeting. Time to clean it up and make it a little simpler/clearer
 - iii. =
- b. Councilor discussion
 - i. We only have one active council member. You can nominate yourself or someone else by the email
 - ii. 3 out of EOO classes instead of 5. Randall needs to know interest! Please nominate for next meeting so we can review and decide where we will go from there
 - iii.
- c. Staff perks
 - i. Vince: staff perks. Vince Granito has been with UNO for four years in athletics. Marketing promotion ticket sales.
 - ii. One of the things athletics is trying to communicate to the community is that we have opportunity to go to events for discounted rates. Many athletic events are free for staff/students. Basketball & baseball, deep discount to faculty and staff & family for season tickets. (\$49 for 15 games)
 - iii. There is an ad in campus news to let you know there's game
 - iv. Sept 23rd event in UC ice cream social for faculty and staff.
 - v. Vince's email: vgranito@uno.edu
 - vi. Please let us know about other staff perks so we can let people know. We can add it to the website or pass on the information

3. Miriam Eisenstat: councilor / outreach. Talking about burnout and understanding nervous system. We did a quick exercise to know where our strengths are.
 - a. We have three modes of reaction for the nervous system: Hyper-arousal where we feel overwhelmed, panicked, angry, anxious, etc; Hypo-arousal where we might feel numb, no energy, shut down, ashamed, disconnected, depressed, etc. In between these two extremes we have the “window of tolerance” where we can deal with daily stressors and carry on with daily life. When we get stuck in hyper or hypo arousal, our window of tolerance shrinks.
 - b. It’s helpful to identify where we have been and what our tendency is. Do we tend to react with our one or off switch getting stuck? Knowing this can help us begin to learn triggers, which is a good introduction to learning how to self-regulate.
 - i. **Quick activity:** Spire questions: give yourself a score for each bullet point
 1. Chart your scores
 2. Choose one of the categories: not your highest but maybe your second or third highest. During times of stress, we want to dig into a category where we are already doing okay so we can set ourselves up for success. Then find one of the bullet points that we can focus on incorporating more.
 3. Tell one person in your life that you’re doing it for accountability
 4. How to self regulate: our window of tolerance might have shrunk a lot during this time, co-regulation healing in community is just as important as self-regulation
4. It has been a year and half that none of us will forget, the more in-touch with ourselves we can be, the better off we’ll be. We’ve all had to put on so many hats this past year, especially the parents out there! We’ve all had to take on so much. Taking care of ourselves is paramount
5. New employee wellness opportunities. Don’t be afraid to reach out for help.
6. We can all have different reactions to stimulus. Hurricanes might send some people to hyper-arousal, and some people will turn to hypo
7. Door prize: We will use an online spinner to randomly generate a winner after the meeting.

Final issues: Ron had an issue with a parking ticket, and expressed frustration with the process for resolving the issue.