



FACULTY

WELL-BEING

SERIES

# FALL 2025 WORKSHOPS

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

## **ART THERAPY: FACING FEARS**

**October 31, 2-3 p.m., LHL 411**

Assess a fear, acknowledge it, and validate the tools you have to face it. Use art to explore this fear in a safe and supportive environment and gain new understanding and insight into your strengths.

## **VITALCOG: SUICIDE PREVENTION IN THE WORKPLACE**

**November 10, 9-11 a.m.,  
Virtual Event**

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.

## **MINDFULNESS**

**November 3, 1-2 p.m., LHL 411**

Explore how mindfulness practices can help reduce stress, learn about different types of mindfulness practices and create a personal plan for building mindfulness into your daily life.

### **ELIGIBILITY:**

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

### **REGISTRATION:**

Visit the [CTL Campus Calendar page](#), 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

EMPLOYEE ASSISTANCE  
& COUNSELING CENTER

CENTER FOR TEACHING  
AND LEARNING