

#BullyFreeCUNY

October is National Bullying Prevention Month. The PSC Anti-Bullying Committee is organizing virtual events from October through December.

https://www.psc-cuny.org/anti-bullying



Ladies and gentlemen, while we wait for the program to begin, a few important announcements from our hosts. Thank you for your attention.

Towards a Better Workplace

A lunchtime discussion on a #BullyFreeCUNY



Temperature Check

Referring to the figure on the right, how are you doing?

Thriving Surviving Struggling In Crisis "I got this." "I can't keep this up." "I can't survive this." "Something isn't right.' Nervousness, Persistent fear, panic, **Disabling distress** Calm and sadness, increased and loss of function steady with anxiety, anger, mood fluctuations minor mood pervasive sadness, Panic attacks fluctuations hopelessness Inconsistent Nightmares or Able to take performance Exhaustion flashbacks things in stride More easily Poor performance Unable to fall or Consistent overwhelmed or and difficulty stay asleep irritated making decisions performance Intrusive thoughts or concentrating Able to take Increased need Thoughts of feedback and to for control and Avoiding interaction self-harm or suicide adjust to changes difficulty adjusting with coworkers, family, of plans and friends to changes Easily enraged or aggressive Able to focus **Trouble sleeping** Fatique, aches or eating and pains Careless mistakes Able to an inability to focus communicate **Restless**, disturbed Activities and Feeling numb, lost, or effectively relationships you sleep out of control used to enjoy Normal sleep seem less Self-medicating Withdrawl from patterns and interesting or with substances, relationships appetite even stressful food, or other numbing activities Dependence on Muscle tension, substances, food, low energy, or other numbing headaches activities to cope Adapted from: Watson, P., Gist, R., Taylor, V. Evlander, E., Leto, F., Martin, R., Vaught, D., Nash, W.P., Westphal, R., & Litz, B. (2013).

Stress First Aid for Firefighters and Emergency Services Personnel. National Fallen Firefighters Foundation.

CUNY 3.0

FRAMING: CUNY is emerging from the coronavirus pandemic. Our world is a radically different place from what we are familiar with. What does the future of CUNY look like not just as an institution of higher learning, but as a place of employment, and as an engine of social and economic mobility out of poverty? We are confronted with and forced to acknowledge racial differences, discriminatory practices, systemic injustice, oppression, inequities, poverty, crisis of climate disruption, a public health crisis, and a budget crisis to name a few. CUNY is faced with new challenges during these turbulent times of trauma and crisis. CUNY must wrestle and grapple with these issues and must reassess processes and evaluate practices to formulate revised policies in order to amplify its mission, principles and core values.

COMPONENTS: 1. Raise awareness 2. Education 3. Possible solutions. How can we do that? 4. University-wide committee 5. Who does the investigation? 6. What is the process? What role does bullying play in this?

How does it fit into this new goal of a new CUNY?

How does it fit into The New Deal For CUNY?

How does it fit into the EC's strategic action plan?

#BullyFreeCUNY: What is our shared vision in a new CUNY and how can we turn vision into reality?





Thank You! https://psc-cuny.org/anti-bullying