



**Career Services &
Employer Alliance**

Setting the Standard. Connecting the
Business Masters Community.

**May 2025 Member Quick
Survey:**
*Mental Health Tips
& Resources*

Methodology & Demographics

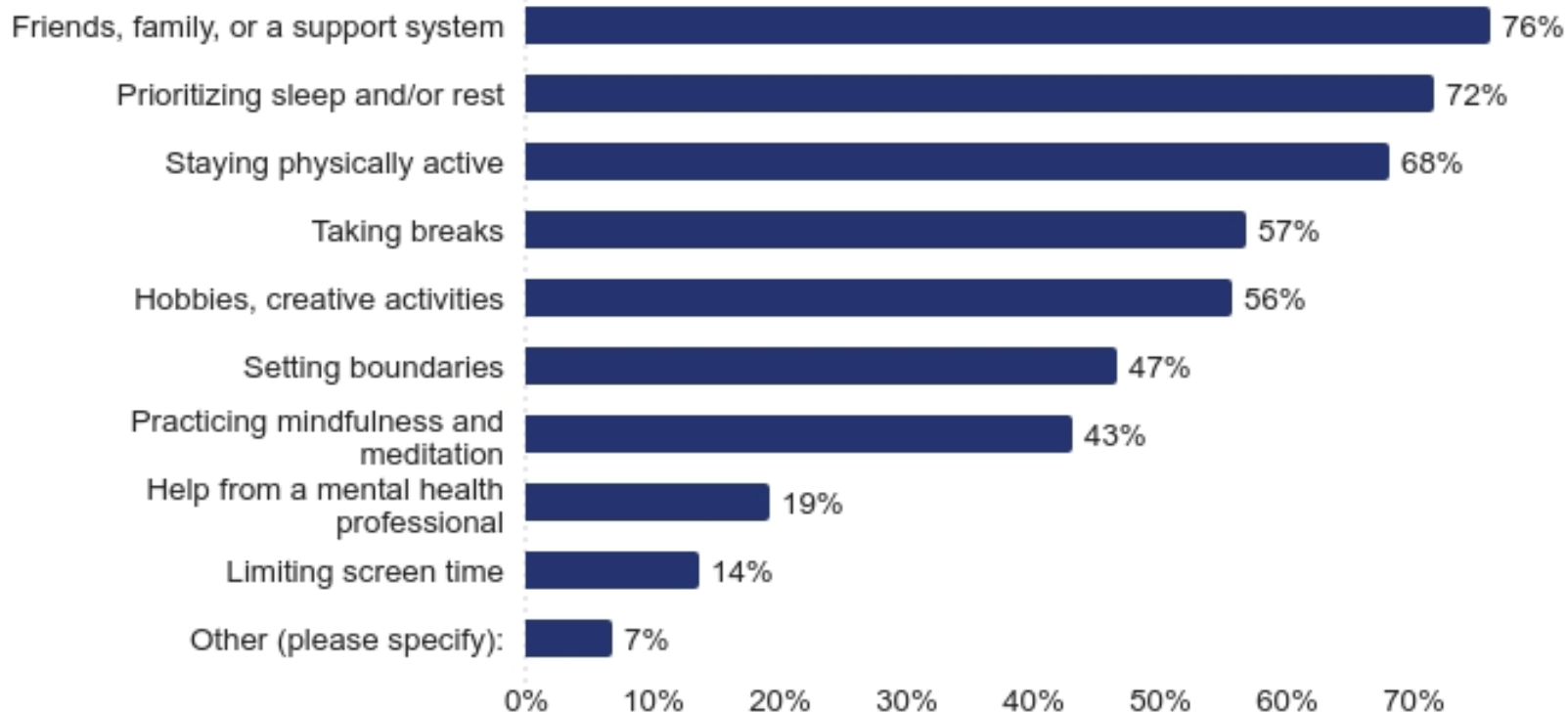
- Survey in the field:
May 27 – June 4, 2025
- 88 responses
- 88% of respondents were from North America; 10% from Europe; 2% from Asia



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Within the last three months, how have you supported your own mental health? Select all that apply:



■ Percentage of Responses

Other (please specify): - Text

Traveling

I've hardly had any time, even when at home I work too much.

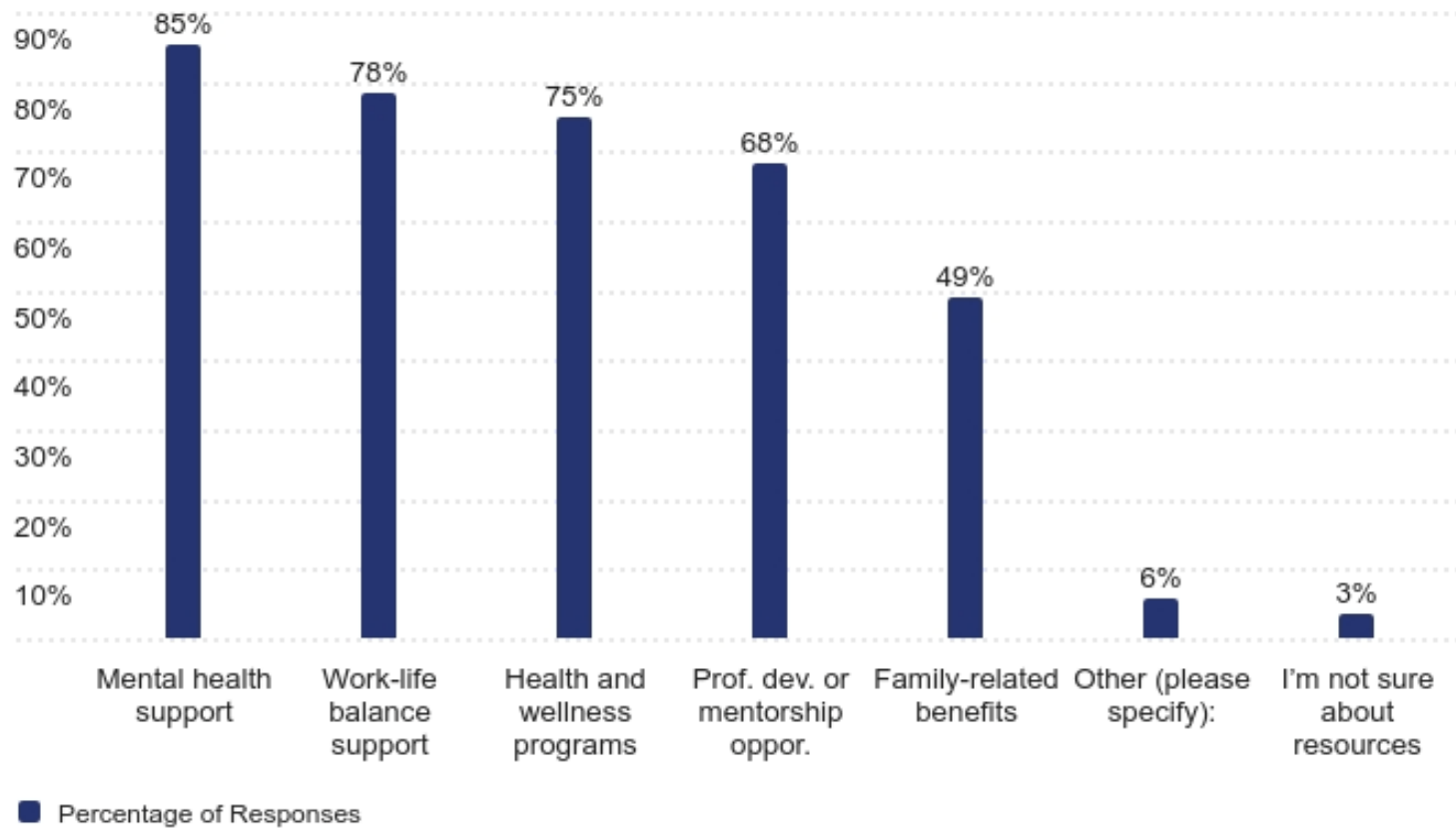
hired a house keeper, adult coloring books, and taking more walks.

Reduce caffeine & social media exposure.

coaching supervision

limiting media exposure

What resources does your school/organization provide for employees? Select all that apply:



Other (please specify): - Text

Leave availment

amazing location surrounded by nature

Group Supervision

I have a great boss!

coaching supervision

What self-care or work/life management tip would you like to share with your CSEA colleagues?

Do what fires you up inside and don't forget what you stand for.

stepping up gardening activities

Don't have notifications enabled on your phone for your work accounts.

Focus on the things within your control, and remember you cannot pour from an empty cup.

Take time off to recharge and refresh. Step away from your desk to reset mid-day. Model for your teams to ensure everyone stays healthy.

Taking screen breaks on the hour. Use your fifteen minute breaks for quick walks outside of the office or building. Don't eat at your desk if you can help it.

Remember that we are in it TOGETHER, so lean in on each other. Having a chat with someone across the country who is dealing with the same struggles might make a big difference in how you feel. Rely on your peer network, which is CSEA. Reach out to others. Schedule short check-ins. Have a buddy. Turn a few into friends.

Find a great book and take the time to read and dive into it without distractions!

Do not be afraid to cut people off. Friends, family, whoever!

No need to stress. Unlike a first responder or surgeon, what we do is not life and death work!

Enjoy nature - go outside!

Mindfulness and taking a break really do mean something. Burnout is real so take the time for yourself when appropriate. Work will always be there..

What self-care or work/life management tip would you like to share with your CSEA colleagues?

You are worth more than your productivity.

Create music playlists when completing boring work tasks.

Look after yourself by setting boundaries and developing healthy habits to effectively look after others

Setting and maintaining robust boundaries is one of the most underrated mental health boosters.

Need to take a break after a peak/busy season to recharge. Have a better time management especially being a working mom.

Don't be afraid to set boundaries - work will always be there! Finding time for yourself, whether that means time to exercise, meditate or a fun hobby is really important in my opinion - that extra dose of fulfillment is always a great boost.

Think of the 3 Ps - <https://www.resiliencetraining.co.uk/the-three-ps-of-optimism/>

I find listening to relaxing music on my commute in to work (or a non-work podcast) helps set a better tone for the day

I keep a desktop zen garden on the table where I meet with students. When a student comes to an appointment in the "red zone," having the student describe a rock or rake the sand not only calms their nerves, it also allows me as a coach to de-escalate emotionally to the blue zone at the same time.

Don't have your work e-mail come to your personal cell phone, and don't look at work emails on the weekends.

Our university provides subscriptions to Calm and Calm Health, both of which are really helpful.

What self-care or work/life management tip would you like to share with your CSEA colleagues?

Prioritize health and fitness. It will give you more energy and focus.

Take a walk. 30 minutes of fresh air can make your day. And don't forget to celebrate your successes!

It's more costly to stay in an organization if you're experiencing burnout. Engaging in mindfulness for at least 10 minutes each day can combat stress. It's okay to struggle with mindfulness and not get it perfect the first time. It's a skill that you can grow every day.

Take care of your circle of influence. (We cannot save the whole world.)

Book "Meetings" with Yourself. If it's not on the calendar, it doesn't happen. Treat personal priorities like appointments: a midday walk, 15 minutes of reading, a focused hour for strategic thinking.

Take the break - take the lunch.

Be thoughtful on who you cc in an email. Let's all try to reduce the email load....

"Protect your peak focus hours."

Block 1–2 hours on your calendar during the time of day when you're naturally most focused, and use it exclusively for high-impact work (not meetings, not emails). Let others know this is your "deep work" window. It's a small boundary that can protect your energy, reduce burnout, and help you move your biggest priorities forward without feeling constantly reactive.

Don't forget to exercise! That's the easiest thing to let slide. But also the worst!

Take your earned vacation/PTO and disconnect. Prioritizing your own health and wellness is key to being the best you and helping others.

What self-care or work/life management tip would you like to share with your CSEA colleagues?

If you are empty, you can't give to others

<https://hbr.org/2007/10/manage-your-energy-not-your-time>

gratitude practice

Find time to read for you. It is relaxing and you can escape into a fantasy world or learn new things.

Schedule time away from social media and smartphone use.

It is more important than ever to cultivate real relationships that become the threads of a robust support system. Overestimating the intimacy or impact of connections on social media or transactional engagements is a risk to the health of your support system. See people, make time, say yes.

Limiting screen time includes the TV, not turning on the TV as soon as you get home.

Regular exercise helps relieve stress

Work is much easier to manage when you're excited about what you're doing. Find what about your job you love and figure out how to do more of it! Also-take breaks where you're completely disconnected from your email and work phone. Your brain, body, and work performance will actually be better for it!

group coaching supervision is a psychologically safe space to share and download issues/challenges that arise from providing career coaching & support to students

Take the time to take care of yourself. There will always be one more issue that needs addressed or one more problem to solve. Taking 30 minutes to take a walk or yoga will reduce stress and keep illness away, ultimately making it easier to solve one more problem.

Connect with your CSEA colleagues!

We look forward to continuing to provide you with trends on a monthly basis. Please feel free to reach out to us with any questions, feedback, or ideas for future topics.



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