

Council of Independent Colleges

Roundtable Discussion – Personal Renewal

Facilitator: Nancy Nikiforow

In the unlikely event of a loss of cabin pressure, oxygen masks will drop from above, secure your own mask before helping others.

You can't give what you don't have (energy, time, humor).

Importance of self-care in order to be available, present and a deep listener for your spouse.

Personal Renewal:

Exercise – alone or with a friend (stress relief and weight management)

Yoga – ditto

Spiritual Life – to nurture your soul

- Weekly spirituality group
- Active in a church community away from the college
- Attend retreats and special spiritual programs (art, music, meditation)
 - See www.shalem.org
- Meet with a spiritual director monthly
 - www.sdiworld.org/find_a_spiritual_director.html
- Take time for silence and solitude
 - prayer and meditation
 - watching the birds
 - contemplative walks in the woods
 - inspirational reading

Make and maintain friendships apart from the college

Take classes at the community center or local arts center

Get a massage

Volunteer in the wider community

Couples Renewal:

Plan regular weekends away (cabin, new city, lodge, resort).

Plan regular vacations – ones abroad encourage you to research together, learn a new language, and really get you away from the college.

Take hikes, walks and long bike rides (solitude in nature helps one decompress).

Have dinner with friends not part of the campus community.

Invest in a lake home or apartment in nearby large city for frequent getaways.

Encourage playful activities – take a ballroom dance class, paint ceramics, learn tai chi, dress up for costume parties or Mardi Gras.

Add a couple days for play onto alumni travel or conference attendance.

Encourage spiritual life in your spouse (see ideas above)