



What Current Research Tells us about  
Workplace Stress in Higher Education  
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## Notes

## Reflective Exercise

1. Identify one work situation that triggers stress for you.
2. What can you control about the situation? What do you have little or no control over?
3. How will you exercise the control or agency you do have in this situation? How will you deal with or think about what you can't control?
4. Can you identify one way you can reduce the likelihood that this situation triggers stress for you?

## Resources

National Center for Complementary and Integrative Health article on Stress reduction  
<https://www.nimh.nih.gov/health/publications/stress/index.shtml>

National Institute of Mental Health, "5 Things You Should Know about Stress?"  
<https://www.nimh.nih.gov/health/publications/stress/index.shtml>

Nature, "Why Mental Health Matters: Nature Talks to Five Researchers about the Stress is a Hypercompetitive environment, and what needs to change," (May 2018)  
<https://www.nature.com/articles/d41586-018-04998-1>

Chronicle of Higher Education, "Four Ideas for Avoiding Faculty Burnout," (3 April 2018)  
<https://www.chronicle.com/article/4-Ideas-for-Avoiding-Faculty/243010>

Gordon, J. (2007) *The Energy Bus: 10 Rules to Fuel Your Life, Work and Team with Positive Energy*. New Jersey: John Wiley & Sons, Inc.

Rath, T., & Harter, J. (2010) *Well Being: The Five Essential Elements*. New York: Gallup Press.

Richards, S. (2016) *Making Work Work: The Positivity Solution for Any Work Environment*. New York: Sterling Publishing Co.

Podesta, C. (2017) *Life Would Be Easy if it weren't for Other People*. Texas: Standout Press.