

Leadership Wellness and Mental Health Concerns in Higher Education

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Description:

Wellbeing is foundational to citizens' individual and collective ability to acknowledge, address, and alleviate ongoing struggles, shared risks, and the unprecedented challenges of our time. A holistic focus on wellness across campus communities is timely and important, given that national and global justice movements are calling upon post-secondary institutions to address the ways in which education systems have been reproducing dominant narratives, reinforcing systemic discrimination, and retaliating against education leaders who work to disrupt structural inequalities.

Leadership Wellness and Mental Health Concerns in Higher Education offers diverse perspectives about whether and how campus leaders around the world are sustaining and advancing health and wellness in unprecedented times and amplifies diverse voices in the exploration of how to advance individual and collective wellbeing in higher education. Covering a wide range of topics such as stress management and burnout, this reference work is ideal for academicians, scholars, researchers, administrators, practitioners, instructors, and students.

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Topics Covered:

Balancing Life

Burnout

Caring Leadership

Core Curriculum

Crisis Leadership

Mental Wellness

Personal Growth

Self-Care

Stress Management

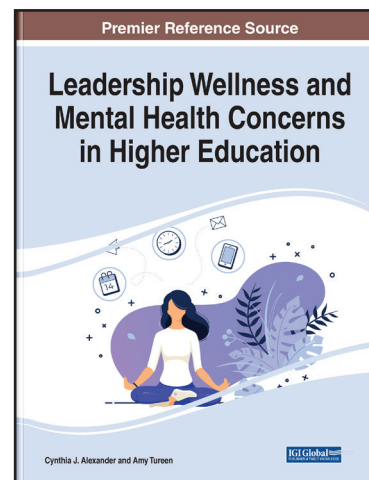
Workplace Stress

Subject: Education

Classification: Edited Reference

Readership Level: Advanced-Academic Level
(Research Recommended)

Research Suitable for: Advanced Undergraduate Students; Graduate Students; Researchers; Academicians; Professionals; Practitioners



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