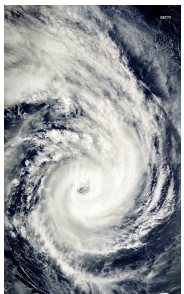
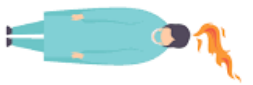
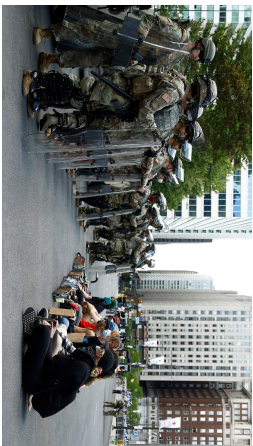
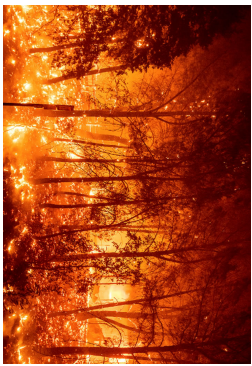


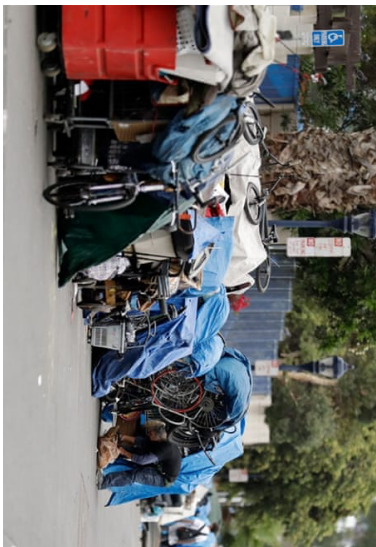
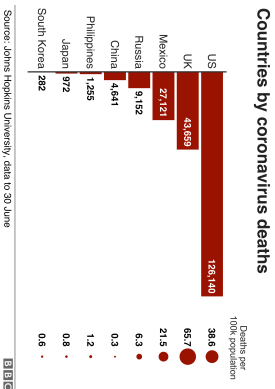


Sustainability

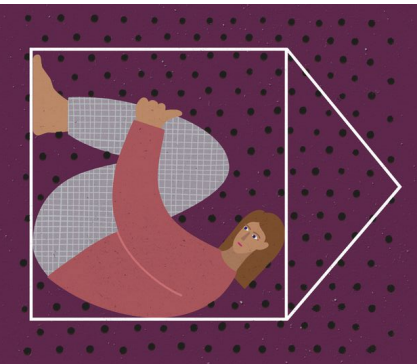
Trigger warnings:
police brutality, racism



No amount of sleep in the world could cure the tiredness I feel.



'Headline stress disorder'



Stress vs. Burnout

- | | |
|--|--|
| <ul style="list-style-type: none">• overengagement• reactive or over reactive emotions• sense of urgency or hyperactivity• lost or diminished energy• anxiety• physically tolling | <ul style="list-style-type: none">• disengagement• blunted or distant emotions• sense of helplessness• lost or diminished motivation• depression• emotionally tolling |
|--|--|

Dr. Craig Dike. "Stress vs. Burnout – What's the difference." Doctor on Demand.
<https://blog.doctorondemand.com/stress-vs-burnout-whats-the-difference-429547f5d82a>
(accessed Sep. 1, 2020).



Keep efforts manageable

long term actionables with short term goals

- diversity minutes
- service requirements to receive a PhD
- K-12 outreach programs in underserved communities
- tiny noticeable things



<https://www.crsceience.org/educators/basis/>



<https://blogs.brown.edu/ostem/resources/you-are-welcome-here-campaign/>



Categories of Diversity

Visible

Skin color

Age

Physical abilities

Gender

Physical traits

Body size/type

Possibly invisible

Religion

Socio-economic status

Ethnicity

Marital status

Invisible

Sexual orientation

Culture

Native born or non-native

Nationality

Beliefs

Functional specialty

Parental status

Level in organization

Habits

Values

Education

Work background

Personal history

Personality

Geographic location

Military experience