

# Fridays with the Flock

Weekly learning resources from the Salisbury University HR Team



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## Welcome to Fridays with the Flock!

Join us each week for recommended readings, training links and insights to help you thrive at work and beyond. Happy Friday!



## Meaningful May

May is **Mental Health Awareness Month**. Use this [free calendar](#) from Action for Happiness for small daily steps you can take to focus on what's important to you this month.



CLICK OR SCAN



## Make Better Decisions by Challenging Your Expectations

"When we face a difficult decision, we often unconsciously set expectations – for ourselves and for others – about both the decision-making process and the outcome." Learn how to use the [BIAS Framework](#) to examine your thought processes for better results.



## Stop Being So Hard on Yourself

"Being hard on yourself is not only ineffective, but it is also a hard pattern to break." Use [these strategies](#) to overcome negative thinking and fully realize your talents.



## LinkedIn Learning This Week

Human Resources suggests the following free LinkedIn Learning courses that you can view at your own pace. Take advantage of these timely and informative webinars for professional and personal growth:

[The Mindful Workday](#)



[Decision-Making in High Stress Situations](#)



[Confidence Building Strategies for Work and Life](#)



Mindfulness is a way of *befriending* ourselves and our experience.

– Jon Kabat Zinn

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