Director, Human Resources

As we each contend with a sense of from home, looking after your wellbeing when working from home is limited by our ability to care for others, and of external circumstance. Join other staff and students for a ‘collective meditation’ as of next week to support our community during this time.

Looking after your wellbeing when working from home

Community Wellbeing Team, part of the Counselling Centre, Staff Advisers and others.

Mindfulness practice

More detailed information on looking after your wellbeing can be found from the ANU Mindfulness Team, and on their website:

The Librarian, Roxanne Brausen

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If you have any questions before offering support to your staff or students, please email:

Mindfulness Team: mindfullness@anu.edu.au

Counselling Centre: counselling@anu.edu.au

Staff Advisers: staffadvisers@anu.edu.au

From the
Australian National University

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