



We created this guide to help schools roll out the State of Mind Speaker Series. This is only a guide. Please feel free to share the videos at any time.

SUMMER 2020

For Educators

- **Grief and Loss During COVID-19**

Like many people right now, educators are mourning the loss of current and future experiences. Teachers prepare for an entire year of work and experiences that will now no longer occur. For educators to support youth through this process, they must also learn how to process their own feelings of grief and loss. This session will provide support and tools to do so.

For Students

- **What to do When We're All Missing Out- Managing Grief & Loss During COVID-19**

For youth there are numerous losses right now: school, work, connection, prom, sports, certainty, predictability, and normalcy. Some losses are life delayed and some are canceled and gone forever. One of the most effective ways to cope with grief and loss is through social connection which is not available for many right now. This session will provide an overview of grief, how grief works in the body, and techniques for identifying and managing the grief of lost experiences.

- **Quarantine Self-Care**

Self-care has never been more important than in these unprecedented times. COVID-19 has disrupted youth's school and social lives, leaving youth isolated from their peers. This webinar will introduce, discuss, and practice various self-care strategies; strategies that may look different today than they did a few months ago.

- **Creating Your Resilience Toolbox**



Resilience is the ability to adapt to adversity, trauma, loss, and other sources of stress. There are simple skills that can be taught to youth to build their resiliency. This webinar will introduce these evidence-based techniques and the rationale behind them.

For Caregivers

- **Recognizing Signs and Symptoms of Anxiety and Depression in Youth During COVID-19**

It is even more important during this time to watch for signs and symptoms of anxiety and depression in youth. This educational session will help caregivers better understand the signs and symptoms associated with anxiety and depression in youth.

For Educators, Students, and/or Caregivers

- **Mind, Body, & Spirit: How we are connected & how loss and change affect us**

This enlightening talk will leave you feeling grounded and centered. Part philosophical & part meditative, Dr. Dan Nelson will help you explore the connection between your mind, body, and spirit and explain how loss and change affects all aspects of our being.

FALL 2020

For Educators

- **Coping with Anxiety and Stress**

There is an increased level of anxiety for many individuals right now, and this may be increased for educators who are attempting to move all learning back and forth through virtual platforms and teaching students in person. Many may have concerns for their students' safety and wellbeing so there can be an increased risk of secondary trauma. This training will introduce basic coping skills for managing stress and anxiety using a trauma informed lens.

Depending on the re-entry plan, this speaker can be viewed online or in person.



For Students

- **Goodbye Stress!**

Right now, youth may be experiencing extreme levels of stress and anxiety. This workshop will introduce the basics of stress and anxiety and teach simple coping techniques using a trauma informed lens.

Depending on the re-entry plan, this speaker can be viewed online or in person.

For Caregivers

- **Mental Wellness Routines During Uncertain Times**

Routines and daily practices are a large part of maintaining positive mental wellbeing. In times of crisis, however, these daily schedules may fall to the wayside or fail to serve us. With changes in almost all aspects of life, most people are finding that their normally favorite coping strategies are no longer possible. Routines may need to be tweaked. This webinar will talk about right size expectations during this time, reevaluating health and wellness goals, creating new habits for wellbeing, and adjusting and maintaining routines for both individual family members and as a family unit.

Depending on the re-entry plan, this speaker can be viewed online or in person.

- **Managing Grief of Lost Experiences**

The loss of normalcy, the fear of economic toll, and the loss of connection can lead to feelings of grief and loss. For caregivers to support youth through this difficult time, they must also learn how to process their own feelings of grief and loss. This session will provide support and tools to do so.

Depending on the re-entry plan, this speaker can be viewed online or in person.

For Educators, Students, and/or Caregivers

- **Introduction to Mindfulness**



Mindfulness is an evidence based tool shown to reduce stress and symptoms of anxiety. This session is designed to introduce the concept and practice to individuals who are unfamiliar with mindfulness. The session will provide a brief overview of benefits, discuss the impact of mindfulness on wellbeing, and teach participants a few short practices they can implement. ***Depending on the re-entry plan, this training can be online or in person.***

WINTER 2020/21

For Educators

- **Educator Self-Care**

Self-care has never been more important than in these unprecedented times. In addition to requiring teachers to move their classes online, COVID-19 has disrupted classroom communities, leaving educators isolated from their students and colleagues. This training will introduce, discuss, and practice various self-care strategies; strategies that may look different today than they did a few months ago.

Depending on the re-entry plan, this speaker can be viewed online or in person.

For Caregivers

- **Strategies to Deal with Acute Stress**

Right now, caregivers may be experiencing extreme levels of stress and anxiety. This workshop will introduce the basics of stress and anxiety and teach simple coping techniques using a trauma informed lens.

Depending on the re-entry plan, this speaker can be viewed online or in person.

SPRING 2021

For Educators, Students, and/or Caregivers

- **Mindfulness Deeper Dive**



The purpose of this session is to work with a group of people who are already familiar with mindfulness and want to dive deeper into the practices. The session will include research on the impact and benefits of mindfulness for adults and youth, the history of the practice, the introduction of various types of mindfulness practices, and lead participants through multiple practices.

Depending on the re-entry plan, this training can be online or in person.