

## Psycho-educational Presentation List

### ► **Managing Stress and Anxiety**

Outlines the details of stress and anxiety and explores the causes of acute and chronic stress. This presentation teaches ways to cope with stress and anxiety and focuses on healthy habits including exercise and nutrition. Relax and enjoy the mindful minute exercise in this presentation.

### ► **Grief and Loss**

Explores the various components of grief and loss after a disaster or traumatic event. This presentation gives information on common responses to grief and loss and its impact on an individual's overall health. This presentation also explores the stages of grief and gives a wealth of healing and coping strategies. Practice a guided imagery exercise to relax.

### ► **Teacher Burnout**

Explores and defines teacher burnout, helping teachers to be able to identify signs and symptoms that they may be experiencing burnout. This presentation also teaches ways to prevent burnout and gives information on how to cope. Rejuvenate the body and spirit with relaxation.

### ► **Resiliency Building**

Provides tools to grow more resilient and promotes strategies to aid in an individual's path to thrive "resiliently". Building Resiliency includes helping individuals identify their values and set "S.M.A.R.T." goals. This presentation gives tips on being present and mindful to promote resiliency. Enjoy a guided meditation exercise to strengthen individual's resilience.

### ► **Compassion Fatigue and Stress**

Explores the components of compassion fatigue and helps individuals identify when one may be experiencing burnout and secondary traumatic stress. Additionally, this presentation gives tips on avoiding as well as coping with compassion fatigue. Relax and breathe with a powerful deep breathing exercise.

### ► **Managing Aggressive Feelings**

Educates individuals on healthy ways to cope with aggressive feelings and gives tips on managing those feelings. This presentation gives tips on how to help calm others who may be experiencing feelings of aggression as well as promoting de-escalation skills. Presenters demonstrate a breathing technique called "square breathing" that promotes calming and managing feelings of aggression. Mentally refocus by practicing a powerful coping technique called "grounding".

### ► **Work Life Balance, General OR Working Remotely**

Provides information on achieving a healthy balance between work and life. This will help individuals be able to identify when one may be experiencing an imbalance and learn ways to improve one's overall lifestyle. Both presentations focus on individuals who work from the office or remotely (home), helping to improve their work-life balance. Relax during a "mindful moment exercise" or through utilizing the 5-4-3-2-1- technique.

### ► **Complex Trauma**

Explores the effects of complex trauma including disorganization, anxiety, personality changes and more. This presentation helps individuals to be able to identify healthy vs. unhealthy coping mechanisms. The focus is on the individual as a whole person, and how trauma affects every part of an individual emotionally, physically and mentally. Enjoy an exercise called "Progressive Muscle Relaxation" to relieve anxieties within the body.

### ► **Helping Families, Children & Adolescents Cope with Trauma**

Identifies the types of trauma and common symptoms and reactions that occur in infants, toddlers, young children, and adolescents. This presentation gives information on the caregivers and community's role in helping these individuals cope after a traumatic event. Learn ways to help youth survivors cope after trauma. Take a moment to relax and join us on a peaceful journey to "A Peaceful Place."