

# Educator Wellness

## Summer Support Groups

Join our Health and Wellness Team for one of our six educator wellness support groups (all employee types welcome!). **Use the QR code or [THIS LINK](#) to register and receive additional information. You are welcome to attend one, a few, or all sessions!**



### Coping Skills for Mental Health

Everyone goes through emotional stress. From a demanding job in education, to relationship troubles, it's normal to experience stress that affects your mood and makes life difficult. Emotional stress can come from just going through daily life, and it can be overwhelmingly difficult to stay calm and make healthy decisions. Developing coping skills is an important tool for leading a healthy, functional life with your loved ones.

**Tuesdays and Thursdays @ 10am**  
**June 7th, 9th, 14th, 16th, 21st, 23rd**

### Managing Difficult Emotions

Working in education through a global pandemic has shown that your emotional wellness is more important than ever. We all experience intense, overwhelming emotions from time to time and they can be difficult to manage. This group will help you learn and practice emotion regulation skills so no matter the unpleasant emotion or its severity, you'll have healthy coping skills ready to use.

**Wednesdays @ 11am**  
**June 8 - July 27 (except July 6)**

### Dealing With Grief and Loss

Grief and loss can affect your feelings, behavior, and how you relate to others. It is also deeply personal. The way you cope depends on your personality, your relationship with the person who has passed away, and your previous experience with loss. Grief and loss not only limit the loss of loved ones, but can also encompass any kind of loss. There are common phases of loss that you might encounter and the phases will be discussed.

**Thursdays @ 9:30am**  
**June 9th, 16th and 30th**



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### Navigating Family Relationship Challenges

Stress spills into our personal lives in many ways, affecting the quality of our relationships. When people are stressed, they become more withdrawn and distracted, and less affectionate. They also have less time for leisure activities, which leads to issues in relationships. Over time, the relationship becomes more superficial (less we-ness and involvement in each other's lives) and couples become even more withdrawn, experiencing more conflict, distress, and alienation in the relationship. Understanding these challenges and developing coping skills is an important tool for leading a healthy, functional life with your loved ones.

**Wednesdays @ 9:30am**  
**June 8th, 15th, 22nd**

### Self-Compassion and Meaningful Self-Care

Have you ever noticed how you are very compassionate, gentle, and kind to other but struggle to do the same for yourself? If you answered yes, you aren't alone! Many of us tend to be critical of ourselves but we can learn how to silence the inner-critic and be kinder to ourselves by practicing self-compassion and meaningful self-care. Being compassionate and caring for ourselves has many possible benefits including higher resilience, more motivation, greater life satisfaction, and a decrease in stress, depression, and anxiety. Do you want to hear the best part? It doesn't take a ton of time and it isn't very hard to incorporate this into our life. This group will help give you tools to better care for yourself in a meaningful way. Let's face it, you deserve it!

**Mondays @ 11am**  
**June 6th, 13th and 20th**

### The Gifts of Imperfection

Blend creativity, connection, and fun in this group focused on letting go of who you think you're supposed to be and embracing who you are. Explore and practice 4 of Brené's Brown's Guideposts for Wholehearted Living - keys to living a more joyful, resilient, and fulfilling life. We will focus on cultivating more authenticity, courage, joyfulness, and play in your summer and beyond. Workbook included.

**Monday & Wednesdays @ 11am**  
**June 6th, 8th, 13th, 15th, 20th, 22nd**



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