SANITY UP, STRESS DOWN: STRENGTHENING OUR RESILIENCE

A Flex Workshop Series for Staff and Faculty

All sessions are held from 1:00-2:00 pm
Registration required. Click on Title to register.
This series is facilitated by Butte's Mental Health Specialists,
Hannah Horowitz, LCSW and Karen Johnson, LCSW

September 23, 2020 - **Trauma Response and Education**

Time will be spent discussing how our brain responds to trauma "normal reactions to abnormal events". We will also explore ways to minimize the impact of the trauma response.

October 14, 2020 - **Open Session**

Open session with no pre-planned topics for participants to bring their worries, concerns, encouragement, and any things else they would like to discuss

October 28, 2020 - **Zoom Fatigue**

Time will be spent normalizing the challenges of Zoom and looking at a computer all,day, as well as exploring strategies to minimize the fatigue.

November 25, 2020 - **Open Session**

Open session with no pre-planned topics for participants to bring their worries, concerns, encouragement, and any things else they would like to discuss

December 9, 2020 - **Stress Management and Coping Skills**

Time will be spend discussing way to manage and reduce stress and implement coping skills.

If you have any questions or need accommodations please email Hannah Horowitz at horowitzha@butte.edu