



## Wellness Series Schedule: September 14 – October 7

Welcome to the Rethink Ed Educator Wellness Series. The pandemic and the return back to the classroom has led to increased stress and anxiety for educators nationwide. We understand this school year will place additional demands on staff and teachers. Over the next month we have created a schedule of live sessions hosted by Rethink Ed Professionals to help you head into the new school year as your best self mentally and emotionally.

### Get Started

Sessions will be hosted by Rethink Ed Professionals on the Zoom conferencing application. Zoom is available for download [here](#). It is free and you do not need to create an account to join these Sessions. You can access the sessions with **your school district email only at the date and time they begin**. They are accessible through the live links listed in the description of the session you want to attend.

### Educator Wellness Series Topics

#### Anxiety

Anxiety is an emotion that most people experience, and it can be helpful, and it can be more intense and difficult to manage for some. Adults and kids can experience anxiety in many ways, and it is helpful to know several strategies to cope with the symptoms of anxiety.

**Tuesday, September 14<sup>th</sup> 4:30pm-5:30pm ET**

[Join Live Session](#)

**Thursday, September 16<sup>th</sup> 7:30pm-8:30pm ET**

[Join Live Session](#)

#### Support Systems

The people who we care about and who care about us make up our support system – the network of family and friends we turn to for emotional and practical support. These networks are critical to our continued mental and physical well-being. Participants will identify their own support system and look at some ways to make sure their support system stays strong.

**Tuesday, September 21<sup>st</sup> 4:30pm-5:30pm ET**

[Join Live Session](#)

**Thursday, September 23<sup>rd</sup> 7:30pm-8:30pm ET**

[Join Live Session](#)

## **Mindfulness**

Mindfulness is an important part of Self-Care. Mindfulness provides a way to nurture a sense of quiet inner peace, improve one's ability to learn, and promote deeper and more meaningful relations. In the session, participants will review three small things they can practice increasing mindfulness in their daily life.

**Tuesday, September 28<sup>th</sup> 4:30pm-5:30pm ET**

[Join Live Session](#)

**Thursday, September 30<sup>th</sup> 7:30pm-8:30pm ET**

[Join Live Session](#)

## **Resilience**

Participants will learn strategies for helping their students to change their perspectives on setbacks and adverse events, such as: how to focus only on what they can control, and positive re-framing strategies. Participants will also learn how they might help students identify needed resources and supports.

**Tuesday, October 5<sup>th</sup> 4:30pm-5:30pm ET**

[Join Live Session](#)

**Thursday, October 7<sup>th</sup> 7:30pm-8:30pm ET**

[Join Live Session](#)