How do I keep it together?!

Presenters:
Nimo Gelle, U of M student
Jamil Stamschror-Lott, LICSW
● What is Change to Chill?

● Why are we here today?
Who are we anyway?

✎ Nimo Gelle
(She, Her, Hers)
Who are we anyway?

◈ Jamil Stamschror-Lott (He/Him/His)
Poll - What is your biggest stressor?
What will you get out of today?

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<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1-</td>
<td>Issues affecting our society today.</td>
</tr>
<tr>
<td>2-</td>
<td>How to get through these times.</td>
</tr>
<tr>
<td>3-</td>
<td>List of available resources.</td>
</tr>
<tr>
<td>4-</td>
<td>Question Response.</td>
</tr>
</tbody>
</table>
Poll- emotions and physical functions
What are we dealing with today?

- Coronavirus
- Switch to remote learning
- Racial Justice - civil unrest
Covid-19

- Sickness
- Fear of uncertainty
- Isolation & Loneliness
  - not at school, in the community
- Loss
  - friends, family, stars (Black Panther)
Covid-19

Body can’t see, hear, sense the threat.
增加恐慌，焦虑，恐惧
Covid-19
Always scanning for threat
Nervous system can be overwhelmed
Painful experiences and trauma
2nd brain

500 million neurons

Control reflexes, contractions of muscles
Covid-19

Opportunities for growth & healing

Adjust your BS / Stanken Thinking
Humming & Hugging
Meditation
Journaling, music making, video watching
Self Talk - positive affirmation
Remote/Online Learning

- Daunting 11:59 deadline
- Lowered Motivation
- Procrastination
- More Assignments and Homework
How to get through these times?

Distance learning
- Staying at home 24/7
  - Social Anxiety
  - “Everyday feels the same”

- What you can do.
  - Finding a new study space...
Stay connected with friends, family, and coworkers.
Get fresh air
Plan breaks in your schedule and take a step back.
What are you doing to get through these times?

Throw it in the chat box.
Distancing Resources

- Productive Learning: Khan Academy
- Staying connected: Minnesota Department of health
- Daily Scheduling: Remember the Milk, Toggle, Evernote, etc.
- Virtual Chill Zone: Changetochill.org
- Watching movies with friends: Netflix Party
- Covid-19 Resources for Teens/Parents: Society for Adolescent Health and Medicine
How to get through these times?

Coping with change

- Change can bring about
  - Stress, fear, sadness, and grief

What do you do Nimo?
How to get through these times?

Body breathing exercise
Coping with Change

Changetochill.org

River Ridge Coping with Covid

COPING WITH COVID
FREE COMMUNITY OUTREACH SERVICE
Racial Justice & Mistreatment due to difference

Civil unrest - Killings by the police - BLM

Stress - depression, grief

What is happening to us?
Racial Justice & Mistreatment due to difference

How were you affected by the Civil Unrest as a result of Gorge Floyd being killed?

Chat box.
Racial Justice

Working through differences

Who is right or wrong?

What to believe?

“We see the world as we are, not as it is.”
Intersectionality & social identity
How to get through these times?

- Racial Inequality

- What you can do
  - Staying Informed.
  - Educate yourself.
  - Get involved.
    - Activism
    - Signing Petitions
Caretakers are struggling too!

Know it is not always you (applies to other relationships)

Displacement of their stuff on you
Building mental wealth

NEWSTART to Life: 8 Habits to Achieve Optimum Mental Health

Psych Dan Banos (Assoc MAPS, APA)
BA Psy (Hons), MFor MH
Building mental wealth
Building mental wealth
Building mental wealth

Sunshine
Building mental wealth
Building mental wealth
Questions & Answers