

How do I keep it together?!

Presenters:

Nimo Gelle, U of M student

Jamil Stamschorr-Lott, LICSW

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- What is Change to Chill?
- Why are we here today?



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Who are we anyway?

◆ Nimo Gelle
(She, Her,
Hers)



Who are we anyway?

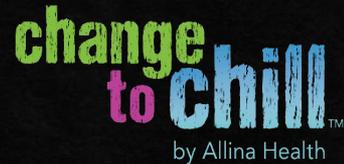
◆ Jamil Stamschor-Lott (He/Him/His)



Poll- What is your biggest stressor?



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What will you get out of today?

1-	Issues affecting our society today.
2-	How to get through these times.
3-	List of available resources.
4-	Question Response.



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Poll- emotions and physical functions



What are we dealing with today?

- ◆ Coronavirus
- ◆ Switch to remote learning
- ◆ Racial Justice - civil unrest



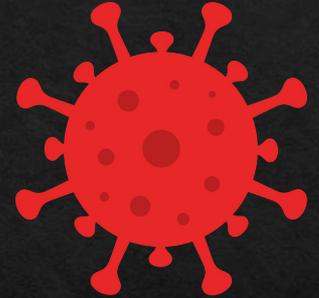
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Covid-19

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



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Covid-19

Body can't see, hear, sense the threat.

Increase panic, anxiety, fear



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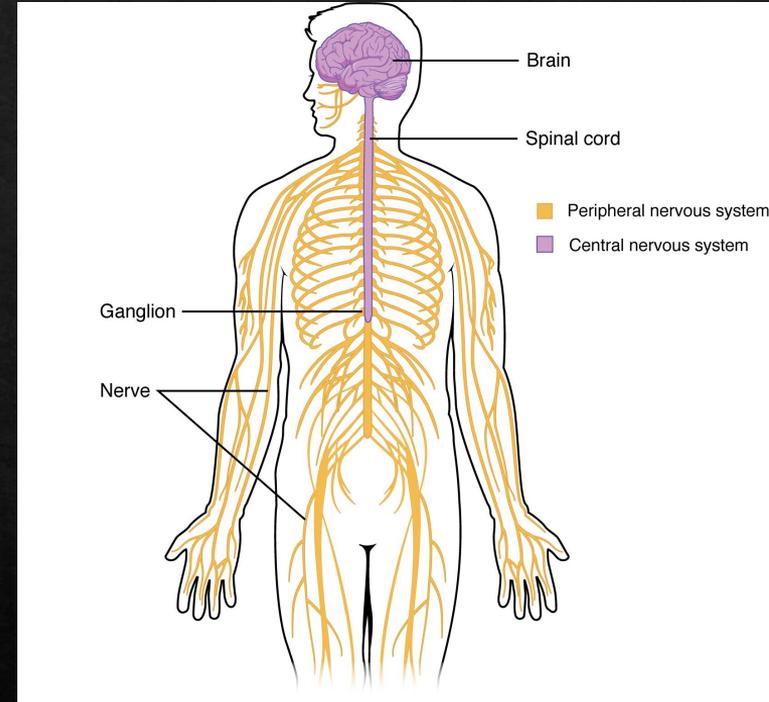
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Covid-19

Always scanning for threat

Nervous system can be overwhelmed

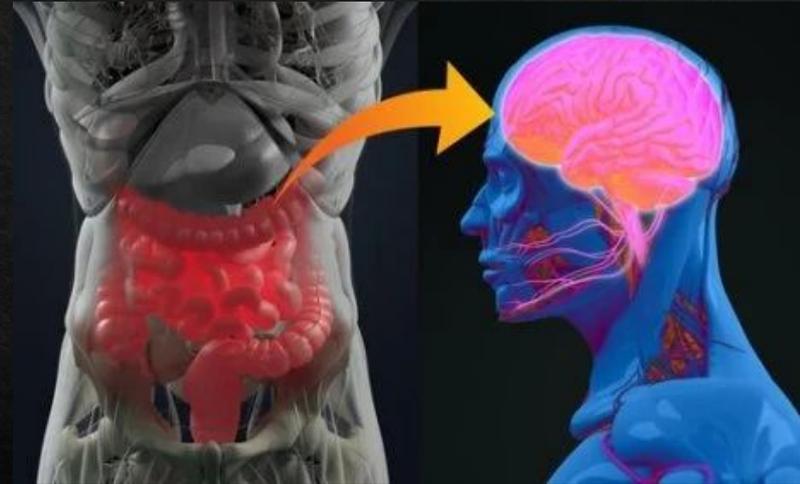
Painful experiences and trauma



2nd brain

500 million neurons

Control reflexes, contractions of muscles



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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.

Socialize



Get fresh air



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Plan breaks in your schedule and take a step back.

Calendar interface showing a weekly view for November 11, 2020. The calendar includes various events such as "Veterans Day", "Breakfast, meditation, 6 - 7am", "Asha's keys 9 - 10am", "SMP client S.P. Appt 10 - 11am", "All Square 11am, http planning f", "prepare for CTC pres. 12:15 - 1:15pm", "Meet client 2 - 3pm E.C. Ap", and "prep for class on sat 3:30 - 5pm". A red block labeled "Sara @ AS 1 - 5pm" is also visible. The right sidebar shows a "TASKS" list with items like "The Importance of Social Media", "Tuesday, Nov. 17th | 9:30 am", "sign up for a meeting with Erin in prep for you Achieve presentation", "Change to chill", "send off video and responses", "submit billing for EAP client UP", "sign up on bosw", and "Inclusivity Education | Thank You and Offerings!".

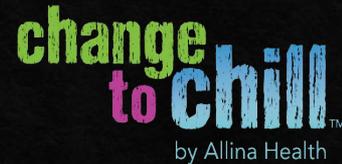


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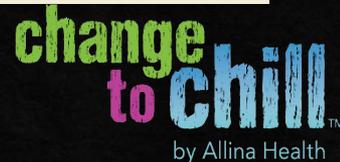
What are you doing to get through these times?

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

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Coping with Change

Changetochill.org



The image shows three video thumbnails arranged horizontally. Each thumbnail has a yellow banner in the top-left corner indicating its duration: '4 Minutes', '2 Minutes', and '2 Minutes'. The first thumbnail is titled 'COPING WITH CHANGE' and features a play button icon. The second thumbnail is titled 'STILL DO YOU' and includes a '1' in a blue circle above the play button. The third thumbnail is titled 'FOCUS ON WHAT MATTERS' and includes a '2' in a blue circle above the play button. All thumbnails have the 'change to chill.org' logo at the bottom.

INFORMATION
Coping with Change

INFORMATION
Coping with Change Tip #1: Still Do You

INFORMATION
Coping with Change Tip #2: Focus on Things that Matter

[River Ridge Coping with Covid](#)



A banner with a white background and a teal curved bottom edge. The text is centered and reads: 'RIVER RIDGE' in a small font, 'COPING WITH COVID' in a large, bold, dark blue font, and 'FREE COMMUNITY OUTREACH SERVICE' in a smaller font below it. At the bottom center is the River Ridge logo, which consists of a stylized teal and blue wave or leaf shape above the text 'River Ridge'.



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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.



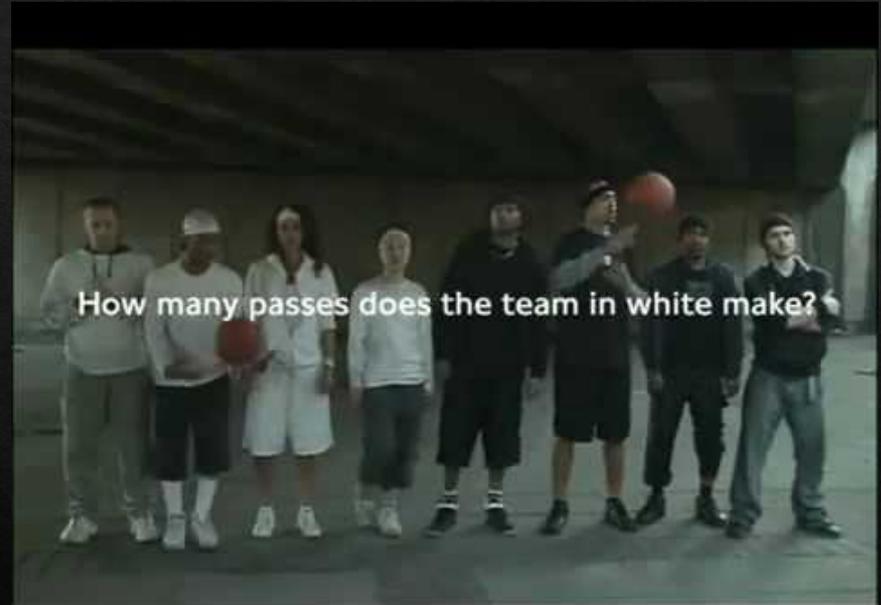
Racial Justice

Working through differences

Who is right or wrong?

What to believe?

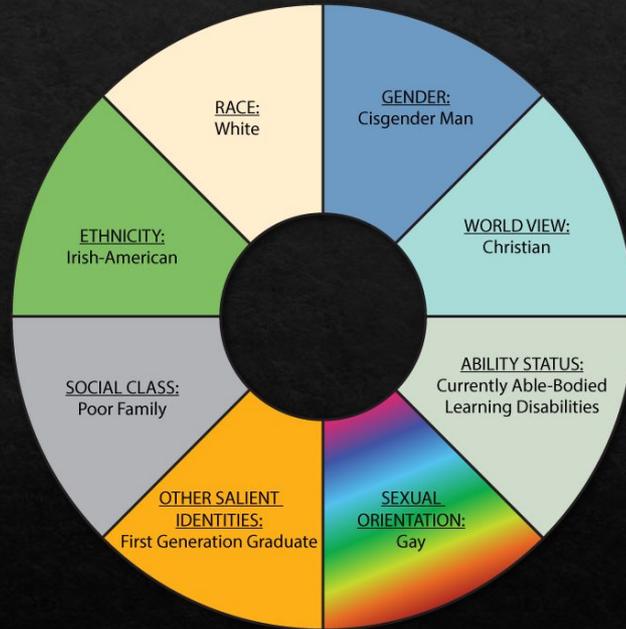
“We see the world as we are, not as it is.”



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Intersectionality & social identity



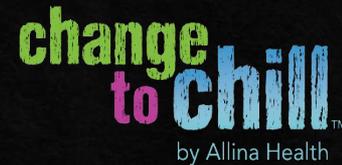
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How to get through these times?

- ◆ 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



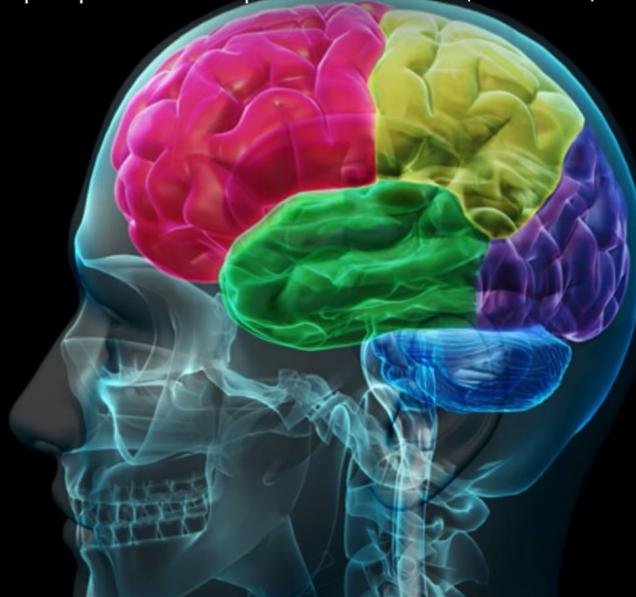
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Building mental wealth

8 principles to achieve optimum mental health | Dan Banos | TEDxRockhampton



**NEWSTART to Life:
8 Habits to Achieve
Optimum Mental Health**

Psych Dan Banos *(Assoc MAPS, APA)*

BA Psy (Hons), MFor MH



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Building mental wealth



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Sunshine



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Questions & Answers

