(starting presentation)
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ALL ABO
*ALL ABOUT
*ALL ABOUT
*ALL ABOUT LOVE*
*ALL ABOUT LOVE
*ALL ABOUT LOVE*
*ALL ABOUT LOVE*
ALL ABOUT LOVE

THIS IS CUTE BUT WE ARE HERE TO TALK ABOUT MORE THAN ROMANCE
*sidenote

WHO KNOWS WHAT MOVIE THIS IS?
*polls

GUESS IN THE CHAT BOX!

WHO KNOWS WHAT MOVIE THIS IS?
*ALL ABOUT LOVE*

**LOVE AND BASKETBALL**

WHO KNOWS WHAT MOVIE THIS IS?
*sidenote

Y'all know who they are though right
*sidenote

*BUZZER SOUND*
*sidenote

*BUZZER SOUND*
Okay Philli FOCUS
We aren’t here for that

WELL...I am here for thriving relationships and Michelle Obama but thats besides the point
*ALL ABOUT LOVE*

Not just romantic or platonic partnerships but an overarching practice of love.

For **yourself** and others.
*ALL ABOUT LOVE

WE ARE ALSO HERE BECAUSE OF CHANGE TO CHILL!

WHAT IS CHANGE TO CHILL?
WHO ARE WE?
*ALL ABOUT LOVE*

**WHO WE ARE?**

**WHO AM I?**
*ALL ABOUT LOVE*

WHO AM I?

Philli Irvin
*ALL ABOUT LOVE*

I WAS REALLY STRESSED ONE TIME
I WAS REALLY STRESSED ONE TIME

(Cut off all my hair)
*ALL ABOUT LOVE*

DYED IT BLONDE

*Social Artist*

*Entrepreneur*
WHO AM I?

Social Artist

Entrepenu??
(still not quite sure how to spell that)
*ALL ABOUT LOVE*

**WHO AM I?**

*Founded Art Org In 2015*

*Intro To Success ([ITS Fest](#))*
WHO ARE WE ANYWAY?

Jamil Stamschorr-Lott
(He/Him/His)
*ALL ABOUT LOVE

TELL US ABOUT YOU?
WHAT YOU WILL GET OUT OF TODAY

WHAT'S IMPACTING YOUNG BLACK FOLKS
HEALTHY WAYS OF COPING
INGREDIENTS OF LOVE
HOW TO APPLY THEM

(ADDITIONAL LINKS/RESOURCES)
POLL*
WHAT IS STRESSING YOU OUT?
How is the stress showing up for you these days?
*BUILDING MENTAL WEALTH*
*BUILDING MENTAL WEALTH

GET FRESH AIR
HERE ARE SOME NICE SPOTS

BOOM ISLAND PARK

MISSISSIPPI WATERSHED MANAGEMENT
WHAT ARE WE DEALING WITH TODAY?

CORONAVIRUS

SWITCHING TO REMOTE LEARNING

RACIAL JUSTICE / CIVIL UNREST
COVID-19

SICKNESS

FEAR OF UNCERTAINTY

ISOLATION & LONELINESS

Loss:
Friends, family, starts
COVID-19

Body can’t see, hear, sense the threat
Increase panic, anxiety, fear

Similar to racism
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
UNHEALTHY WAYS WE TEND TO COPE

*PICTURES OF UNHEALTHY COPING
What has been helping you get through?

THROW IT IN THE CHAT BOX
Healthy Ways of Coping

**Opportunities for growth & healing**

Adjust your BS / Stanken Thinking - Letting go of what is beyond our control

Humming & Hugging

Meditation

Journaling, music making, video watching

Self Talk - positive affirmation - practicing gratitude
Stay connected with friends, family, and coworkers.
Plan breaks in your schedule and take a step back.
How to get through these times?

Body breathing exercise
Racial Justice & Mistreatment due to difference

Civil unrest - Killings by the police - BLM

Stress - depression, grief

What is happening to us?
Racial Justice

How were you affected by the racial injustice?

Chat box.
Working through our differences

What have been obstacles to being your true self around other black folks?

What do you need to be your true self with other black folks?
Intersectionality & social identity

- Race: White
- Ethnicity: Irish-American
- Gender: Cisgender Man
- Social Class: Poor Family
- Other Salient Identities: First Generation Graduate
- Ability Status: Currently Able-Bodied Learning Disabilities
- Sexual Orientation: Gay
- World View: Christian
Racial Justice

We too have bias?

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

How many passes does the team in white make?
WHAT IS LOVE?

Love as 'the will to extend one's self for the purpose of nurturing one's own or another's spiritual growth.
Building mental wealth

Ingredients of love
- care, commitment, knowledge, responsibility, respect, trust
- Honest and open communication
Building mental wealth
Building mental wealth
Building mental wealth

Sunshine
Building mental wealth
Coping with Change

Changetochill.org

River Ridge Coping with Covid
Distancing Resources

- MN Black Community Covid-19 Hotline  612.254.1145, 24 hours 7 days a week
- Productive Learning: Khan Academy
- Staying connected: Minnesota Department of Health
- Watching movies with friends: Netflix Party
- Covid-19 Resources for Teens/Parents: Society for Adolescent Health and Medicine
Questions & Answers