Coping Through COVID One Hour Webinars – Topics and Handouts, Parts 1-17

Agenda

1. Meditation

2. Tools

3. Share your Coping Strategies/Tools/Resources

4. Mindful Movements

**Topics and Handouts**

**Part 1 Tools:**

* Meditation
* The Perspective Journal
* Mindset Pivot
* Mindful Movements

**Handouts:**

* Tools for Helping Yourself Right Now
* 20 Mental Health Tips for Quarantine
* Something to Think About
* Daily Quarantine Questions and Affirmations

**Part 2 Tools:**

* Meditation
* Zoom Exhaustion
* ANT Therapy
* Eat That Frog
* Mindful Movements

**Handouts:**

* Adult Mindfulness Resource List
* Child/Teen Mindfulness Resource List
* Fun Activities for Kids in a Pandemic

**Part 3 Tools:**

* Meditation
* My Anxiety Chart
* The Rearview Mirror
* The Unchanging Letter
* Grounding Tools
* Sleep
* Mindful Movements

**Handouts:**

* Fun Ideas for Adults During a Pandemic
* Sleep Hygiene Resource List
* Grounding Techniques

**Part 4 Tools:**

* Meditation
* Mindfulness
* HeartMath
* Acts of Kindness
* Radical Acceptance
* Mindful Movements

**Handouts:**

* Compassion Fatigue Resource List

**Part 5 Tools:**

* Meditation
* Bracketing
* Intention Setting
* Schedule Your Stress
* The No Complaining Promise
* Submerge Your Anxiety
* Mindful Movements

**Handouts:**

* Mind Body Activities
* Talking with Your Children About COVID

**Part 6 Tools:**

* Meditation
* Grief
* Mindful Movements

**Handouts:**

* COVID Grief Resource List

**Part 7 Tools:**

* Meditation
* Personal Resilience Plan
* Mindful Movements

**Handouts:**

* COVID Riskiest Factors (4)

**Part 8 Tools:**

* Grounding Meditation
* Grounding Tools
* Mindful Movements

**Handouts:**

* Grounding
* Pandemic Resource List

**Part 9 Tools:**

* Meditation
* Tips For Working From Home
* A Thank You Note to COVID
* Emotional Freedom Tapping (EFT)
* Eye Movement Desensitization and Reprocessing (EMDR)
* Pro QOL
* Mindful Movements

**Handouts:**

* Tips For Working From Home

**Part 10 Tools:**

* RAIN Meditation
* Window of Tolerance
* S.T.O.P
* Self-Compassion
* Affirmations
* Mindful Movements

**Handouts:**

* Window of Tolerance (MAST)

**Part 11 Tools:**

* Meditation
* Parenting in a Pandemic
* Mindful Movements

**Handouts:**

* Parenting in a Pandemic Resource List
* Calm Down Strategies for Kids

**Part 12 Tools:**

* Meditation
* Communicating Through The Mask
* Mindful Movements

**Handouts:**

* How to Wear a Non-Medical Face Mask Safely
* Social Distance Greetings Poster

**Part 13 Tools:**

* Meditation
* Running Better Virtual Meetings
* Mindful Movements

**Handout:**

* The Email Sanity Expert’s YouTube Viewing Guide

**Part 14 Tools:**

* Meditation
* Tools for Before, During and After a Trauma Experience
* Mindful Movements

**Handouts:**

* Digital Detox Ideas

**Part 15 Tools:**

* Meditation
* Ideas for Safe Pandemic Holidays
* Mindful Movements

**Handouts:**

* 5 Ideas for Surviving the Pandemic Holidays
* CDC Domestic Travel Guidelines
* Ideas for Safe Gatherings in a Pandemic

**Part 16 Tools:**

* Meditation
* The Impact of the Pandemic and Disasters on Children & Teens
* Mindful Movements

**Handouts:**

* Take 5 Breathing Exercise
* Calm Down Box Ideas for Children
* Calm Down Box Ideas for Teens

**Part 17 Tools:**

* Meditation
* Mental Health in the Workplace
* Mindful Movements

**Handouts:**

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