



VIRTUAL CONFERENCE



SELF CARE

OCTOBER 8TH & 9TH, 2020

**TIME: 90 MINUTE SESSIONS
WITH 15 MIN. BREAK**

COST: \$5 PER SESSION

CONTACT HOURS AND CEUS AVAILABLE

To register go to: www.esc19.net



For More Information Please Contact
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The theme for this year's virtual conference is "Teacher Self-Care" and it could not come at a better time. School personnel across the region are doing all they can to provide the best education for the children and families of El Paso while at the same time making sure that everyone's health and safety are a top priority. Because of this, it has never been more important for educators to make sure they are taking care of their own mental health and wellness. The stress and anxiety of teaching children virtually, face-to-face, or a combination of the two can quickly take its toll.

Kevin Hines will give the opening keynote. Kevin is an award-winning brain/mental health and suicide prevention activist, multiple award-winning filmmaker, best-selling author, international educator and speaker who reaches audiences with his story of an unlikely survival and his strong will to live. He will share ideas on how educators can build their own toolkit for maintaining their mental wellness, as well as the wellness of their students.

The rest of the sessions will cover different aspects of self-care that participants can begin incorporating into their own daily routine. Remember, creating a positive, safe, and healthy learning environment, whether in person or virtually, must begin with taking care of ourselves!



SELF CARE VIRTUAL CONFERENCE

SESSION LINEUP



SESSION ID#	DATE & TIME	SESSION TITLE	SESSION DESCRIPTION
189091	Thur. Oct. 8th 10:00am to 11:45am (with 15 min. break)	Virtual Conference Keynote: <i>The Art of Wellness</i> Kevin Hines	Kevin Hines discusses his process for wellness, resilience and recovery. In order to be self-aware and cognizant of his mental wellness, Kevin has developed a 10-step evidence-informed regimen to stay on track and monitor the signs of falling off track. Clinical studies are discussed that prove why these are important to maintain wellness for everyone, not just those with a diagnosed mental illness. Audiences come away with a knowledge of how to build their own toolkit for maintaining their mental wellness, as well as the wellness of their loved ones.
189092	Thur. Oct. 8th 12:45pm to 2:30pm (with 15 min. break)	Virtual Conference Session #1: <i>Breathtaking: Developing Mindfulness, Self-Care and Wellness in the Workplace</i>	The demands placed in the workplace can lead to high levels of burnout and stress. Compassion fatigue can lead to stressful situations and negative thinking. Join us as we review simple strategies for self-care practices to help decrease the impact of stress and anxiety. This training will help participants gain effective strategies in the following areas: Mindfulness, Reframing Automatic Negative Thoughts, Compassion Fatigue, and Gratitude Practices.
189093	Thur. Oct. 8th 3:00pm to 4:45pm (with 15 min. break)	Virtual Conference Session #2: <i>It's Not Selfish, It's Self-care: Putting Your Mask on First</i>	Teachers frequently put others before themselves. The act of putting yourself first through self-care, however, not only helps prevent burnout but also models to others healthy balance between your self and your work. Strategies learned in this presentation can be applied to aid individuals, families, and groups to enhance their healthy sense of self and improve overall well-being.
189094	Friday Oct. 9th 8:15am to 10:00am (with 15 min. break)	Virtual Conference Session #3: <i>Vicarious Trauma Workshop: Understanding Compassion Fatigue</i>	This session will cover the topic of Vicarious or Secondary Trauma, Compassion Fatigue, and Burn out. Signs and symptoms of this potential risk for all educators and helping professions will be covered, as well as self-care and prevention. <i>This offered specifically for school counselors, but open to anyone.</i>
189095	Friday Oct. 9th 10:30am to 12:15pm (with 15 min. break)	Virtual Conference Session #4: <i>Screen Time, The Brain and COVID-19</i>	In these unprecedented times with COVID-19, access to screens has dramatically increased. Everything from school, to birthday parties, to family time has our children in front of screens more than ever before. Screen time has become an enormous issue with its addictive qualities and brain development. Screen time causes many problems for the developing brain that includes issues with behavior, social-emotional, cognition, communication, and drug-like addiction. This presentation provides information on how to find a balance with screen time and the rest of life in a COVID-19 world.
189096	Friday Oct. 9th 12:45pm to 2:30pm (with 15 min. break)	Virtual Conference Session #5: <i>Infusing Social Emotional Learning in a Virtual Classroom</i>	This session will provide participants with ready-to-go strategies to implement SEL in a virtual classroom. Participants will receive free resources and tips on infusing SEL before, during and after a virtual lesson. We will review ways to infuse SEL with academics and build classroom community.
189097	Friday Oct. 9th 3:00pm to 4:45pm (with 15 min. break)	Virtual Conference Session #6: <i>Reducing Stress and Rebuilding Health</i> <small>(techniques for using neuroscience for self-care)</small>	This presentation will provide an overview of evidence-based techniques that attendees can learn in order to teach their own brain and body to wire for calm and focus. These simple techniques based on neuroscience are proven to help us create new brain cells, reduce cortisol levels, and foster an empowering sense of control so that we can feel better equipped at home, at school, at the workplace, in all of our relationships, and even when faced with difficult challenges.

CLICK ON THE SESSION ID NUMBER TO REGISTER FOR THAT SESSION