

## Strategies for Building Mental Strength and Coping with Stress

October 27, 2021

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<b>Presenter:</b>	Mary Fowler, Consultant Positive Difference for PD Educators
<b>Location:</b>	Online - Access information will be emailed to registrants
<b>Time:</b>	9:00 a.m. to 11:00 a.m.
<b>Registration Fees:</b>	MUJC Members: \$ 85.00 Nonmembers with Subscription: \$ 85.00 Nonmembers: \$100.00

Getting through tough times requires mental strength. While all have the capacity for mental strength, some may lack the SEL skills to build capacity. During this online inservice, participants will learn about three building blocks of mental strength and strategies to build strength -- helpful thinking, managing emotions, and taking action.

Participants will gain knowledge and skills in:

1. engaging with the thought-emotion-behavior cognitive triangle,
2. building mental health strategies,
3. linking mental strength strategies with compassion approaches,
4. creating and using a daily action plan.

This inservice is online from 9:00 a.m. to 11:00 a.m.