



Prevention and Outreach Team

MENU OF TOPICS

(Or we can adapt topics to Your needs)

Youth and School Presentations

Let's Talk About Mental Health

This is an education about what mental disorders are, the warning signs, how to cope, how to help yourself and how to help a friend. It has some brief education on suicide prevention as well.

Stress- Using Positive Coping Skills

This discussion talks about what are some things that cause stress, how stress can affect us, and some practical ways to “hack your hormones” to change your mood. We talk about things like exercise, healthy eating, journaling, gratitude, and even laughter yoga. It is a fun class.

Parent Presentation

Parents- Let's Talk Youth Mental Health

This gives parents some ideas on how to support their youth when it comes to their mental health. We talk about what to watch for, how to help, and how to seek treatment if needed.

Staff and Parents

These presentation focus on skills and psychoeducation topics to help increase resiliency to meet the increased emotional and mental challenges.

Burnout and Compassion Fatigue

This presentation discusses information about common signs of burnout and compassion fatigue as well as steps to help alleviate the root problem and symptoms.

Change Fatigue

There has been so much change in our world the last couple of years and it can be exhausting and disheartening. This presentation explores ways to deal better with change.

Communication

Examining what effective communication looks like and tips for how to communicate effectively – especially in the workplace.

Courage

Examines what courage is and some of the roadblocks to utilizing courage in everyday life. This presentation offers helpful skills and discussion on redefining failure and success.

Dealing with Uncertainty

We discuss how to cope with all the uncertainty we feel about our futures and how not to get caught up in fear of the future.

Everyday Creativity

This presentation acknowledges how creativity can positively impact coping and how we can use creativity in everyday lives, including problem solving and decision making.

Gratitude

Looking at what gratitude is and how this skill can be beneficial. This presentation also shares several practical gratitude exercises to incorporate gratitude in your daily life.

Mindfulness

Discusses what mindfulness is and specific tips on how to practice mindfulness and incorporate it into everyday life. This can include mindful eating, sleeping, and movement.

Self- Compassion

Explores what self-compassion is as well as what it is not. There is also an opportunity for self-reflection on what gets in the way of practicing self-compassion as well as exercises to begin/enhance your self-compassion practice.

Stress and Anxiety

Explains the difference between stress and anxiety. Offers education about the effects of stress and anxiety and provides many ways to practice coping with different symptoms.

To schedule one of these presentations, reach out to our team at:

719-299-2996

covidresponse@diversushealth.org

<https://diversushealth.org/covid-response-program/>