

Youth Summit 2022

"The Summit Room"

| Main Segments | DESCRIPTION |
|---|--|
| Rethink | <p>Re·think <i>verb</i> /rēˈTHiNGk/ a reassessment, especially one that results in changes being made.</p> <p>Weed is trendy. It has become a part of mainstream culture. Everywhere you look you see celebrity influencers, entertainers and even billboards promoting the use of weed. Is there a negative impact on underage users? Let's talk about it.</p> |
| Resilience (mental/emotional health, depression) | <p>Re·sil·ience <i>noun</i> /rəˈzilyəns/ The capacity to recover quickly from difficulties; toughness</p> <p>Sometimes in life, the voice of our inner critic can drown out rational thinking causing us to feel some type of way about ourselves. Don't be overwhelmed. RESILIENCE IS KEY! This session will equip each participant with strategies and valuable coping tools for building resilience and MENTAL TOUGHNESS.</p> |
| Rebuild | <p>Re·build <i>verb</i> /rēˈbild/ build (something) again after it has been damaged or destroyed</p> <p>All of us know what it's like to be talked about, mistreated, ignored, or hurt by others. This session is designed to equip you with strategies for OVERCOMING bullying, discovering your voice, and BOUNCING BACK from the pain caused by others.</p> |
| Refocus coping with pressure, anxiety, and stress); mindfulness | <p>Re fo cus <i>verb</i> /rēˈfokəs/ focus (attention or resources) on something new or different.</p> <p>Do everyday stressors cause you to feel overwhelmed and a bit anxious? Has your thought-life become too difficult to navigate/manage due to our ever-changing world? The mind and body are closely connected and stress can affect the body from head to toe. Don't get bogged down by the pressure. Learn simple tools for KEEPING STRESS IN CHECK.</p> |
| Rebrand | <p>Re brand <i>verb</i> /rēˈbrand/ change the image of a thing.</p> <p>Whether you realize it or not: what you post on social media DOES have the potential to impact your future. What are you posting? Why are you posting it? Are you simply reaching for likes or attention? YOUR profile is a direct extension of who you are as a person. It represents YOU! Successful branding is CRITICAL in today's world. Learn how to manage the BEST YOU POSSIBLE on all platforms!</p> |

Mental Health Focus