

THRIVING IN CHALLENGING TIMES:

Managing Stress and Cultivating Resilience



No Cost

Register

Three-Part Virtual Workshop

May 6, 13, and 20, 2021

3:00 – 4:30 pm PT

Presenter: Dr. Lucy Vezzuto

Part 1: Relaxed and Alert

Part 2: Present and Focused

Part 3: Flexible and Resilient

Intended for Orange County educators and other adults who serve youth.

The social-emotional health and wellness of adults who serve youth is more important than ever.

In this three-part series, participants will practice managing their stress by identifying triggers, practicing in-the-moment stress relievers, and strengthening their stress resilience toolkit. Participants will experience how mindfulness practices bring us into the present moment to improve our focus and boost our immune system. Learn a new way of thinking about stress that can actually prevent the harmful physical and mental effects of stress.

Take time out to recharge and learn to bounce back and emerge stronger from these challenging times.

About the Trainer

Dr. Lucy Vezzuto is a Fulbright Scholar in Education and former Coordinator of Student Mental Health and Social Emotional Learning at the Orange County Department of Education. Her areas of practice include youth and adult social-emotional development, resilience and mental wellbeing, and the neuroscience of learning. She is trained in Mindfulness-based Stress Reduction, Mindful Self-Compassion, Stress Management for youth and adults, Trauma-responsive Education, and Restorative Practices. She is a mindfulness practitioner and enjoys cooking and travel.

LCAP Info

LCAP Bucket: Pupil Outcomes

LCAP Priority: Pupil Achievement

Icp: Mental Health / Social & Emotional Well-Being

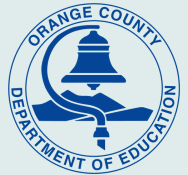
MTSS Domain: Inclusive Social-Emotional Instruction

Individuals with disabilities in need of auxiliary aides and services may request assistance by contacting sguerrero@ocde.us. OCDE may take photographs of participants at the event. Photographs may be used to document the event, promote events in written materials, posted on the OCDE website or supplemental webpages, or on the digital frame in the entry to OCDE offices.

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*Care enough about
yourself to be your
best as you serve
others.*

~ Lucy Vezzuto



CONTACT US

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