

HiMama Helps Webinar

Managing your Mental Health During COVID-19



Your Hosts



Ria Simon
RECE Specialist
HiMama



Carmen Choi
Community Coordinator
HiMama



Our Special Guests



Beth Cannon
Stretch-n-Grow



Cori Berg
Director
Hope Day School



Disclaimer

*This content **is not** professional medical advice for you. The goal is to share ideas and experiences with managing mental health during these challenging times.*

If you have any medical concerns, please consult a mental health professional or your doctor.



Topics Covered

- Impact of COVID-19 on mental health
- Practical tips to manage emotions
- Getting a pulse from the community
- Mental health tips for educators on the frontline
- Tips for educators who are emotionally supporting families with distance learning
- A breathing exercise you can do to take control anytime!
- Real insights from a Director on the front line



Impact of COVID-19 on Mental Health

Everyone is being affected by the pandemic

- Uncertainty is the biggest contributor to anxiety
- Loneliness while social distancing
- Stress, anxiety and unhappiness are common feelings
- It can be a tough cycle to break



Practical Tips to help you cope

Everyone is feeling overwhelmed

- Focus on what you can control
- Be gentle on yourself
- Unplug from the 24/7 news
- Take time to be grateful for what you do have
- Protect yourself



Special Guest - Beth Cannon



Beth Cannon
Child Care Team Building Expert

- ✔ A breathing exercise to beat overwhelm
- ✔ Experience building and coaching child care teams, with a focus on wellness
- ✔ Feedback from the child care community during COVID-19
- ✔ Mindset shift - reframing **C O V I D** as acronym for **Control, Opportunities, Victories, Imagination, Determination**
- ✔ Mental health tips for early educators



Special Guest - Cori Berg



Cori Berg
Early Childhood Specialist
Dallas, Texas

- ✓ Been a teacher, director, advocate and trainer in early childhood
- ✓ Tips for supporting staff and families through COVID-19
- ✓ Tips for prioritizing personal mental health as an ECE leader
- ✓ The importance of a resilient mindset



Open Audience Questions

What's Next?

- **Show Notes & Recording** - You'll receive an email linking to it tomorrow
- **Certificates** - Fill out the **Google Form** attached to the **show notes email** to get a copy of your certificate.
- Next session on **Reopening Procedures** will be **next week** from now on **Thursday July 16 at 2 PM ET**



Q and A Cocktail hour on Slack

- We would love to continue questions for the Q and A session on our **ECE Professionals Slack Group**
- We're sharing **the invitation link in the chat** so join us if you have some time and want to connect further!
- Great place to get support, answer your questions, connect with attendees and hosts and lift each other up!



**We are all in this
together,
stay Healthy and
Safe!**

**Thanks for spending
your time with us!**