

ZOOM Learning Circle: Mindfulness & Self Care in the Age of COVID-19

DESCRIPTION: Mindfulness based practices builds resiliency and capacity to meet the challenges of change and stress and enhance one's perspective and personal resiliency. Coping with fear & and multiple emotions connected with COVID-19 will be supported and resources to build mindfulness practice explored. ADULT PARTICIPANTS can come to one, many, or all scheduled sessions. This is an open forum each week and will be experiential. Participants will be asked to turn on video during program to facilitate direct eye contact with the presenter but to mute the microphone.

DATES/Times: Tuesdays, September 28 2021, October 5, 12, 19 and 26 VIA ZOOM from 6 to 7PM. Indiana (East)
Registration required.

You are invited to a ZOOM meeting

Register in advance for this meeting:

<https://ivytech.zoom.us/join/register/tJ0qdOisrDMqE9B9SoXGmPdL6zF8cHOKZL7n>

After registering you will receive a confirmation email containing information about the meeting

If you do not have email, Zoom or computer support, you may call Kathy Schaffer 260 433 2531, we will be zooming as a group from the Family Life Center at Emanuel Lutheran Church, 800 Green Street , New Haven, IN 46774. We will still want to register you for participation.

OBJECTIVES: At completion of this session, the participant will be able to:

1. Practice Mindfulness-Based approaches to enhance personal resiliency;
2. Summarize brain physiology and the connectedness with Mindfulness and resiliency for self and, families, Integrate an understanding of how Mindfulness assists one in recognizing choices and self-soothing of emotional responses such as anger, anxiety, fear, depression, or feeling overwhelmed;
3. Have the "Know How" to seek and SHARE additional resources for enhancing one's own sense of resiliency using frameworks of mindfulness, emotional intelligence, and appreciative inquiry.
4. Connect how Mindfulness relates to prayer and scripture.

PRESENTER/CONSULTANT/WRITER: Dr. Johnson is a licensed clinical social worker, marriage and family therapist, and clinical nurse specialist. He is currently a regional consultant and Employee Assistance Specialist with Parkview Health and a Professor of Nursing at the University of Saint Francis. He has worked with over 250 local and regional organizations with consultations, presentations, and publications. As a husband, father, and psychotherapist, Dr. Johnson weaves stories and anecdotes that reveal the nature of stress in juggling work and family and strategies for maintaining one's sense of humor and perspective.

HANDOUT: A handout resource will be emailed to all participants. It is highly recommended you PRINT this handout and have available for each session. Additional resources will be discussed and how to access these materials will be provided.

CONTACT INFORMATION:

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