

# BACK TO SCHOOL



## FALL 2020

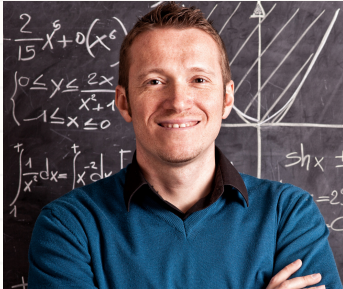
### RESOURCE TOOLKIT

TIPS FOR MINDFULNESS IN A WORLD OF UNCERTAINTY FOR  
TEACHERS, STUDENTS & PARENTS



### WHAT'S INSIDE

What a year this has been! We understand that school is looking different during these challenging times. We've collected resources to help make the school year a little less daunting for everyone involved.



**FOR  
TEACHERS**

SELF CARE & MENTAL HEALTH RESOURCES



**FOR  
STUDENTS**

WELLNESS RESOURCES & COPING SKILLS



**FOR  
PARENTS**

PARENTING RESOURCES & STRESS MANAGEMENT

### CONNECT

To schedule a virtual training or get more information including our self-care resources, please contact one of our Community Liaisons:  
@uhsinc.com

# FOR TEACHERS

RESOURCES  
FOR YOUR  
PHONE

## GOING HOME

### Checklist

TAKE A MOMENT TO REFLECT ABOUT TODAY

- Acknowledge one thing that was difficult on shift.  
How did it make you feel?  
What was difficult about it?
- Consider three things that went well today.  
Tell them to someone you trust.
- Check in with your co-workers before you leave.  
Are they OK?  
If not, what assistance do they need?
- Are you OK?  
Who can you talk with if you need to share?
- Focus your attention to going home.

REST  
RE-CHARGE  
EAT HEALTHY  
DRINK WATER  
CONNECT WITH OTHERS  
EXERCISE

- \* **Alaska Careline**  
1-877-266-4375
- \* **National Crisis Line**  
1-800-273-8255
- \* **NAMI Alaska**  
www.NAMIALaska.org
- \* **Thread Alaska**  
1-800-278-3723
- \* **Alaska 2-1-1**  
1-800-478-2221 or  
in Southcentral dial 2-1-1
- \* **Help Me Grow Alaska**  
1-833-464-2527
- \* **North Star Behavioral Health Systems**  
(Confidential, No Cost Assessment)  
1-800-478-7575

## TRAININGS: DIGITAL OR IN-PERSON

- Adverse Childhood Experiences Training & Trauma Informed Practices
- Cultural Awareness: Working Respectively with Rural and Indigenous Communities
- Suicide Prevention Training
- Other Trainings for Professional Development

CHECK OUT OUR


 YouTube

[https://www.youtube.com/channel/Uck\\_ecpfFTkUy8IPJt3qJ95g](https://www.youtube.com/channel/Uck_ecpfFTkUy8IPJt3qJ95g)

Call 24/7 for No Cost Assessments

1(800)478-7575  
(907)258-7575

For weekly trauma informed tips, statistics and resiliency strategies

 Find us on  
**Facebook**  
@NorthStarBH

# FOR PARENTS

Rx

## for Families

1. Identify your family strengths.
2. Do a family "goodness" inventory at the end of each day. Hold onto the good.
3. Rejuvenate regularly as a family.
4. Respond to each others' good news.
5. Allow family members to replicate success.
6. Encourage positive risks and discuss the lessons learned from failing.
7. Make family social connections.

## PARENTING THROUGH COVID

## A 6 PART SERIES OF VIRTUAL SESSIONS

For more information,  
[www.northstarbehavioral.com](http://www.northstarbehavioral.com) or [www.aktelepsych.com](http://www.aktelepsych.com)

## THERE'S AN APP FOR THAT!



To take an inventory of family strengths test, visit:

[www.authentic happiness.org](http://www.authentic happiness.org)



**Resilient Family: Happy Child** provides simple mindfulness based, movement and awareness training for parents and children. It uses movement to discharge stress and build body awareness.



**Calm** is a guided meditation app to help reduce stress and enhance well being. Sessions range from 2 to 30 minutes on the topics of focus, creativity, energy, confidence, sleep and more.

NORTH STAR BEHAVIORAL HEALTH  
IN PARTNERSHIP WITH ALASKA  
TELEPSYCHOLOGY  
PRESENT:

AVAILABLE ON  YouTube

LISTEN HERE:

[HTTPS://WWW.YOUTUBE.COM/PLAYLIST?  
LIST=PLNGJ92IYX3UYWDYKYMTQO-DOFFR3I35VF](https://www.youtube.com/playlist?list=PLNGJ92IYX3UYWDYKYMTQO-DOFFR3I35VF)

## Additional Resources

### Beacon Hill Family Support Center

Visit <https://www.beaconhillak.com/family-support-center> to learn more about this extensive family support program.

### Tikahtnu Tribal Alliance for Young Families

The Tikahtnu Tribal Alliance for Young Families provides a variety of resources and services for expecting and/or parenting youth under the age of 24. Call (907) 793-3114 for more information.

# FOR STUDENTS

Rx

## For Self Care

1. Eat healthy foods
2. Get plenty of sleep
3. Exercise regularly
4. Listen to good music
5. Go on a 24 hour social media detox
6. Cuddle a pet
7. Practice yoga or meditation
8. Express yourself! Try art, drama, music...
9. Talk to a counselor
10. Master a skill or try something new
11. Catch up with a friend
12. Practice deep breathing
13. Spend time outdoors

THERE'S AN APP FOR THAT!



Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. Breathe2Relax can be used as a stand-alone stress reduction tool, or can be used in tandem with clinical care directed by a healthcare worker.



Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. We'll teach you the life-changing skills of meditation and mindfulness in just a few minutes a day.

## ASD Resources for students & families:

Wellness Toolkit Downloadable PDF  
& virtual calming room

<https://www.asdk12.org/domain/5214>

CHECK OUT OUR  
 YouTube

[https://www.youtube.com/channel/Uck\\_ecpfFTkUy8IPJt3qJ.95g](https://www.youtube.com/channel/Uck_ecpfFTkUy8IPJt3qJ.95g)

## Time Management Tips

1. Set a schedule.
2. Avoid multi-tasking and micro-tasking.
3. Trade old strategies for new ones.
4. Use calendars, post-it notes, and reminders.
5. Create a dedicated study space.

## Consider taking a "Brain Break"

*Definition:* Brain breaks are mental breaks designed to help students stay focused and be attentive. The brain breaks get students moving to carry blood and oxygen to the brain. The breaks energize or relax.

The breaks provide processing time for students to solidify their learning (The Watson Institute, 2020).

*Example:* Play basketball for 15 minutes or run a lap around your house.

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