BACK TO SCHOOL

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.

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

www.northstarbehavioral.com
FOR TEACHERS

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

TRAININGS: DIGITAL OR IN-PERSON

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

Call 24/7 for No Cost Assessments
1(800)478-7575
(907)258-7575

www.northstarbehavioral.com

CHECK OUT OUR YouTube
https://www.youtube.com/channel/UCk_ecpfFTkUy8IpJt3gJ95g

For weekly trauma informed tips, statistics and resiliency strategies

RESOURCES FOR YOUR PHONE

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
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 or www.aktelepsych.com

THERE'S AN APP FOR THAT!

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.

FOR PARENTS

NORTH STAR BEHAVIORAL HEALTH IN PARTNERSHIP WITH ALASKA TELEPSYCHOLOGY PRESENT:

AVAILABLE ON YouTube
LISTEN HERE:

HTTPS://WWW.YOUTUBE.COM/PLAYLIST?
LIST=PLNGJ921YX3UWYDVKMTOG-D0FFR3135VF

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.

www.northstarbehavioral.com
FOR STUDENTS

**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 mediation
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

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**ASD Resources for students & families:**

Wellness Toolkit Downloadable PDF & virtual calming room
https://www.asdk12.org/domain/5

**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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**Time Management Tips**

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

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**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.

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**Check out our**

https://www.youtube.com/channel/UCk_ecpfFTkUy8IPJt3qJ95g

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**Find us on Facebook**

@NorthStarBH

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