

Managing Mental Health During COVID-19

 Online Program

Audience(s): School Staff & Parents

Hyperlink: [Starling Minds](#)

Description

Clinical Psychologist Dr. Andrew Miki and his team at Starling Minds have created a free, confidential, online program for anyone needing support during this time. The program includes 5 sessions and can be completed in daily 10-minute increments for a total of 60 minutes. The program is accessible on a smartphone, tablet, or a computer.

Objective(s)

The purpose of the program is to provide tools and techniques to help you cope with stress, regulate emotions, balance negative thoughts, and to set healthy boundaries for COVID-19 news.

Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to dashbcresources@gmail.com