



# MENTAL HEALTH MATTERS



We've got your back. CTA's Instruction & Professional Development department is inviting CTA members to a three part webinar series, presented by our community partners, on self-care and healing.

## FEBRUARY: MENTAL HEALTH AWARENESS

**Wednesday, February 8, 2023**

**4:00 p.m. to 5:30 p.m.**

School staff well-being is essential to a healthy and resilient school community. With this in mind, Healthier Generation, through the support of Kaiser Permanente, developed this engaging training which is packed with tools and resources to help school staff focus on their own well-being. The training includes the following topics:

1. Defining Burnout and Introducing the ABCDs
2. Awareness
3. Balance Through Boundaries and Holistic Wellness
4. Connection

## MARCH: BURNOUT & THE STRESS RESPONSE

**Thursday, March 9, 2023**

**4:00 p.m. to 5:30 p.m.**

In part one of this two-part workshop, we will define burnout and introduce the ABCDs, learn more about the causes of burnout: how to identify it, how to balance it, and how to combat it. We will also discuss awareness, become more aware of stress response patterns by tuning into the '3Bs' (body, behavior, beliefs) and take away strategies for fostering empathy and awareness of others.

## APRIL: FINDING BALANCE THROUGH BOUNDARIES & CONNECTION

**Thursday, April 13, 2023**

**4:00 p.m. to 5:30 p.m.**

In part two of this two-part workshop, we will focus on finding balance through boundaries and holistic well-being, dive into the topic of balance: finding a happy medium between your have-to-dos and your can-dos and using a boundary-setting strategy to help achieve balance. We will build Connection and build a safeguard against burnout by learning to effectively communicate and connect to your needs.

*Register at:*

[www.cta.org/events](http://www.cta.org/events)