

# State of Mind Video Discussion Questions

Watch the video.

Use these questions to prompt a discussion.



## VIDEOS FOR EDUCATORS

### Educator Self-Care

Machen Champion, MA, LPCC, RPT  
Catalyst Counseling

- Machen showed us how to create a wheel to highlight the 8 domains of self-care (physical, emotional, social, spiritual, personal, space, financial, & work). Which domain would be highest for you? In other words, which area are you most successful at practicing self-care? **Resource:** Learn more about the eight dimensions of wellness at SAMHSA's [Creating a Healthier Life](#)
- Which domain would be lowest? What could you do to increase your self-care in that area?
- Machen talks about secondary trauma in teachers. When students are traumatized, teachers can experience secondary trauma related to the student's trauma. What domains of self-care can you utilize to help you manage this secondary trauma or any trauma you may experience in your life? **Resources:** [How to Practice Self-Care](#), [1N5 Self-Care Resource Page](#), [Sources of Strength Self-Care Worksheets](#) (pages 16 & 17), [Self-Care Resources by Age](#)
- What is your *why*? Why did you become a teacher?

### Coping with Anxiety and Stress

Todd Provenzano, LPCC

St. Aloysius Managing Director, Clinical Service and Partnershi

- Todd discussed classifying anxiety and stress using the SELF acronym (safety, emotions, loss, and future). Which category does most of your anxiety/stress fall under? Is there a certain one that causes you more anxiety than the rest? **Resource:** [What is Causing Stress?](#)
- Being safe is imperative during this time. However, there are many types of safety. Does most of your anxiety or stress fall under the physical, psychological, social, or moral area? Is there one section in particular that causes you more stress or anxiety? **Resource:** [CARE for Teachers Mindfulness](#)

- One of the categories Todd discusses is emotion. What emotion have you been feeling most often this month? This week? **Resource:** [Feelings Wheel](#)
- Loss can be a multi-dimensional feeling. There is loss in a change of routine, loss in physical contact, loss in social interaction, and a feeling of loss of control. What kind of loss have you faced, and how have you tried to deal with this?
- A big part of dealing with stress and anxiety is having hope in the future. What is one hope you have approaching the future school year? **Resource:** [Safeguarding the Mental Health of Teachers](#)
- Safety Plans are crucial in instances when you feel overwhelmed. Is there something you can think of now that will go on your Safety Plan that you would be willing to share? **Resource:** [The Power of Journaling](#)

## Grief and Loss During COVID-19

Ann Marie Kahwaty-Bogan, MSW, LISW-S

Companions on a Journey, Bereavement Specialist

- Ann Marie talks about the importance of acknowledging our feelings of grief and loss. What has been the hardest part for you during this pandemic, and what have you been doing to take care of yourself? **Resources:** [Grief and COVID-19 Resources from Companions on a Journey](#), [How to Practice Self-Care](#), [1N5 Self-Care Resources](#), [Self-Care Resources by Age](#)
- What life situations do your students face that may increase their stress and vulnerability during this pandemic? **Resource:** [Trauma-Informed Practices in School](#)
- Have you been able to stay connected to your students? If so, how have you stayed connected with them?
- How have you used mindfulness practices in your life? In the classroom? Virtually? **Resource:** [1N5 Mindfulness Resources](#)

## VIDEOS FOR CAREGIVERS

### Managing Grief of Lost Experiences

Dr. Dan Nelson, M.D.

Cincinnati Children's Hospital Medical Center, Medical Director, Child Psychiatry Unit

- Dr. Nelson talks about how children process grief and loss differently than adults. How does your child process grief and loss? How do you? **Resource:** [Learn About Grief](#)
- Connection is an important protective factor during stressful times yet can be difficult to do during a pandemic. How do you help your child stay connected? **Resource:** [Companions on a Journey video- Supporting Your Child Through Grief During COVID-19](#)
- Caregiver self-care is important when helping a child through grief and loss. How do you take care of yourself? **Resource:** [How to Practice Self-Care](#), [1N5 Self-Care Resources](#), [Self-Care Resources by Age](#)

### Strategies to Manage Acute Stress

Dr. Dan Nelson, M.D.

Cincinnati Children's Hospital Medical Center, Medical Director, Child Psychiatry Unit

- Stress can affect us both physically and emotionally. How do you know when you're feeling stressed? **Resource:** [Stress Flyer](#)
- Dr. Nelson says that, as a caregiver, it is very important we keep ourselves in a state of harmony and balance. What things do you do to keep yourself in a state of harmony and balance? **Resource:** [Learn About Stress Management](#)
- During this very stress time have you made it a point to create a plan for your self care?

### **Recognizing Signs and Symptoms of Anxiety and Depression in Youth During COVID-19**

Julie Knueven, MSW, LISW-S

Solutions Community Counseling and Recovery Centers, Director of Child and Adolescent Programming

- How do you know if your child is feeling anxious? What signs do you see? **Resources:** [Learn About Anxiety](#), [Anxiety Flyer](#)
- Julie talks about the importance of routine during this time. What are some of your family routines? **Resource:** [Tips on Parenting Through Coronavirus](#)
- It's normal for all of us to have feelings of sadness from time to time. If you were concerned that your child has excessive feelings of sadness and may be depressed, what would you do? Who would you turn to for help and support? **Resources:** [Learn About Depression](#), [Children and Mental Health Parent Guide Ages 3-12](#), [Children and Mental Health Parent Guide Ages 13-19](#), [Find a Provider](#)

### **Mental Wellness Routines During Uncertain Times**

Dr. Ann-Louise Lockhart, PsyD, ABPP

A New Day Pediatric Psychology, President and Owner

- Having a schedule during times of uncertainty, especially for children, is very important. But we want to be flexible. As a caregiver, how do you find a balance between having a schedule and yet staying flexible?
- What does "staying connected" mean to you?
- How do you stay connected with your child(ren)? **Resource:** [Fun Ways to Practice Social Distancing](#)
- Dr. Lockhart talks about the importance of finding *new* ways to meet your own needs as a caregiver. What are some new ways you've found to meet your needs? **Resource:** [Wellness Resources](#), [Self-Care Resources by Age](#)
- Dr. Lockhart shared a personal story of persistence. Can you share a time you or your child persisted through a difficult time?

## **VIDEOS FOR YOUTH**

## What to do When We're All Missing Out: Managing grief & loss during COVID-19

Ann Marie Kahwaty-Bogan, MSW, LISW-S

Companions on a Journey, Bereavement Specialist

- Ann Marie talks about the areas of strengths we discover in ourselves when going through a difficult time. What are some of your strengths that you've discovered? **Resource:** [Grief and COVID-19 Resources from Companions on a Journey](#)
- We hear a lot about having a new normal. What does your new normal look like?
- We practiced a breathing technique that we can use when we feel overwhelmed. Taking deep breaths and blowing them out is a way to acknowledge feeling and let them go. How did you feel after practicing this breathing technique? **Resources:** Ann Marie's favorite mindfulness app: [Mindful.org](#),
- What apps do you use to stay connected with your friends?
- What are some fun activities or projects you can tackle if school is cancelled? Ann Marie says it's important to have activities to do to keep your mind stimulated. **Resource:** [Fun Ways to Practice Social Distancing](#)

## Creating Your Resilience Toolbox

Dr. Ashley Solomon, PsyD, CEDS

Galia Collaborative, Founder

- Dr. Solomon says we all have resilience. It's a skill that we can cultivate and practice. What does resilience mean to you? **Resource:** [What is Resilience Video](#) (scroll down to "resilience")
- Dr. Solomon acknowledges that we will all go through difficult times and that it's important to recognize the common characteristics of situations that create excessive stress in your life. What types of situations create excess stress for you? How do you manage through this stress? **Resources:** [Learn About Stress Management](#), [Stress Flyer](#)
- Who is someone you see as resilient? What resiliency skills do they exhibit?
- Dr. Solomon talks about using our resources to ground and calm ourselves? For example, taking a deep breath or planting your feet firmly on the ground. What resources do you have and use to ground yourself during stressful situations? **Resource:** [Sources of Strength's Practicing Strength at Home](#) (page 19 -23)

## Quarantine Self-Care

Pete Mesrin, LPCC-S

- Pete says we all have internal cues- physical changes in the body that let us know we're stressed (example, muscle tense up, butterflies in stomach, face is flush). What are some internal cues you experience when you are stressed? **Resource:** Regulation Railroad from [Sources of Strength's Practicing Strength at Home](#) (pages 18-20)
- It's important to have a lot of options and ways to take care of ourselves when we're feeling stressed. How do you take care of yourself to help you get through tough times? **Resource:** [How to Practice Self-Care](#), [1N5 Self-Care Resources](#), [Self-Care Resources by Age](#)

- Pete talks about the importance of routine during stressful times. What are some routines that are important to you?
- When you're feeling overwhelmed or angry, what is your outlet? Is it physical- like punching a pillow or squeezing a stress ball? Is it verbal - like talking to a friend? Listening to music?
- Who do you talk to when you're struggling? **Resource:** [Find a Provider](#)

## Goodbye Stress!

Danielle Williamson, LISW-W, CTP

Lighthouse Youth & Family Services, School Based Services Manager

- How does stress affect your body physically and mentally? For example, stomach ache, headache, feeling on edge, angry, less energy...etc. **Resource:** [Learn About Stress](#)
- What emotions have you been experiencing lately? **Resource:** [The Feeling Wheel](#)
- What are some healthy ways you cope with stress? **Resources:** [Healthy Ways to Manage Stress](#), [Creating Your Personal Stress Management Plan](#)
- What brings you joy?

## VIDEOS FOR YOUTH, CAREGIVERS, & EDUCATORS

### Introduction to Mindfulness

Jen Wright, BA, MBA, E-RYT500, C-IAYT

Real Human Performance, Director of Mental Resilience and Corporate Wellness  
& Meriden McGraw, MPH

Meriden, LLC, Founder

- Meriden and Jen talk about how we often operate on autopilot. Can someone share some real life examples of operating on autopilot? How do you become more purposeful in your life?
- Mindfulness allows us to orient to the present moment. Meriden and Jen describe this as taking a *mindful pause*. Does anyone here practice mindfulness? If so, what does your mindfulness practice look like? **Resource:** [Mindfulness Practices](#)
- We just practiced mindfulness with our breath. What was this experience like for you?

### Mindfulness Deeper Dive

Jen Wright, BA, MBA, E-RYT500, C-IAYT

Real Human Performance, Director of Mental Resilience and Corporate Wellness  
& Meriden McGraw, MPH

Meriden, LLC, Founder

- Coming. Please stay tuned.

## Mind, Body, & Spirit: How we are connected & how loss and change affect us

Dr. Dan Nelson, M.D.

Cincinnati Children's Hospital Medical Center, Medical Director, Child Psychiatry Unit

- Dr. Nelson talks about Kubler Ross's stages of grief: denial, anger, bargaining, depression, and acceptance. People can experience these in different order and move back and forth between them. Many of us are experiencing profound loss and grief during this pandemic- loss of security, experiences, or even loved ones. Have you moved back and forth between the stages? What stage of grief are you experiencing now? **Resource:** [COVID-19 and the Grief Process](#)
- How do *you* bounce back after a loss?
- Our world, our lives, are constantly changing. How do you adapt to change? **Resource?** [COVID-19: Adjusting & Understanding](#)