COVID-19 Coping Room – Building Your Own Resilience Roadmap
A 45-minute webinar:
Wednesday, September 2, 2020
2:00 – 2:45 p.m.

Purpose
Being stressed out is a natural reaction to the extraordinary situation we find ourselves in with COVID-19. If you could use help with stress management and healthy coping skills, LeadingAge MN Foundation is partnering with Dr. Alyson VanAhn from Associated Clinic of Psychology to offer free 45-minute COVID-19 Coping Room. This webinar is designed for any level of senior care staff to help recognize individual signs of stress, review healthy coping strategies, and build a personalized Resilience Roadmap to consult at the pandemic goes on.

Learning Objectives
• Review the phases of coping with a stressful event like COVID-19 so you have a clearer sense of where you might be in your journey
• Recognize common reactions to stress you might be experiencing
• Learn how to take your own “stress” temperature
• Develop your own Resilience Roadmap as a tool for finding COVID-19 stress relief

Suggested Audience: Adult Day Services, HWS/AL, Care Centers, and Home Care
• Direct caregivers
• Clinical Staff
• Supervisors and managers
• Leaders
• Other interested staff

Presenter
Alyson VanAhn PhD LP, Psychologist, Associated Clinic of Psychology and COVID-19 Staff Coping & Support Hotline Lead, Minneapolis. This webinar is funded by a LeadingAge MN Foundation grant through the Minnesota Department of Human Services.

Registration
There is no cost to participate in this LeadingAge Minnesota webinar Please click here to register.

Closer to the webinar you will receive the handout and another reminder on the link to participate. CEUs are not available for this webinar. Questions: Contact Ashley Rogers.