



## DIOCESE *of* LACROSSE

OFFICE FOR CATHOLIC SCHOOLS

### **Mental Health in School is not Just for Students:** **Why Teacher and Staff Wellness Matters**

September 25, 2020 – Virtual

October 23, 2020 – St. Bronislava Parish, Plover

October 30, 2020 – St. Charles Borromeo Church and McDonell Central Catholic High School, Chippewa Falls

Carrie King, Ph.D., LPC, NCC

Counseling Department Chair

Director of School & Clinical Mental Health Counseling Programs

Mount Mary University

**Description:** Self-care is the active participation of enhancing your physical, mental, emotional, and spiritual wellness, as well as quality of life. Monitoring personal behaviors and recognizing the high standard of care an educator must maintain on and off the job is a component of sustaining wellness. There are behavioral, relational, and internal self-care strategies that contribute to wellness.

**Learning objectives:**

1. Learn about the connection between wellness and secondary trauma and compassion fatigue
2. Learn how to assess and monitor your wellness with the Professional Quality of Life Measure
3. Learn to improve your self-care through nutrition, sleep, movement, self-compassion, relaxation, and mindfulness.
4. Learn about the Core Components of Wellness Programs for School Employees

**Virtual (ZOOM) – September 25**

8:30 to 12:00 Presentation

- Teachers and Administrators are asked to log into the webinar individually to participate in the in-service.

**In person – October 23 and 30**

9:00 to 10:00 Mass

10:00 to 10:30 Breakfast

10:30 to 12:30 Presentation

12:30 to 1:15 Lunch

1:15 to 3:15 Presentation

3:15 to 3:30 Announcements, Conclusions, Prayer