

Protecting Your Mental Health During a Time of Crisis

Mr. Franklin J. Willis



 **F. WILLIS**
MUSIC

*“What mental health needs is more
sunlight, more candor, and more
unashamed conversation.”*

Glenn Close

Limit the news and be
careful what you read.

Have breaks from social media and
mute things which are triggering.

Wash your hands - but not
excessively.

Stay connected with people.



Avoid burnout.



Live Webinars for MNPS Teachers

- Our Employee Assistance Program (EAP) provider, ComPsych, will offer 5 live webinars with guidance on how to navigate these challenging times. Webinar times below are CST.
- **Why can't I stop eating? How emotions impact our eating during the pandemic**
 - March 31, 8 p.m.
 - April 1, 7 a.m. and 2 p.m.
- **Managing worry and anxiety during the COVID-19 pandemic**
 - April 1, 8 p.m.
 - April 2, 7 a.m. and 2 p.m.
- **Tools to handle COVID-19-related stress**
 - April 2, 8 p.m.
 - April 3, 7 a.m. and 2 p.m.

Live Webinars for MNPS Teachers

- **Self-isolating together: How to get along with your partner and kids**
- April 6, 8 p.m.
April 7, 7 a.m. and 2 p.m.
- **Being an effective manager during the pandemic**
- April 9, 8 p.m.
April 10, 7 a.m. and 2 p.m.

[Click here](#) to learn more about each webinar and find the registration link for the webinar(s) you're interested in.



Five Questions to Check Your Mental Health Everyday

- How am I feeling today (Mentally and Physically)?
- What's taking up the most of my headspace?
- When did I last eat a whole meal?
- Am I tired?
- What will I engage in today that will bring me joy?



Presentation Resources

- <https://www.bbc.com/news/health-51873799>
- <https://www.wellandgood.com/good-advice/mental-health-questions/>



Mr. Franklin J. Willis
Elementary Music Coach
www.fwillismusic.com