
Navigating the “New Normal”

Building Resiliency & Moving
beyond Surviving toward Thriving

Youth EmpowerMe Foundation, Inc.

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Youth EmpowerMe Foundation, Inc. is a 501c3 committed to empowering youth and families by providing mentorship, conferences, seminars, resources and events focusing on social and life skills.



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Founder and Executive Director, YEMF, Inc.

CCPS School Counselor

Parent

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Board Member, YEMF, Inc.

CCPS School Psychologist

Parent

How have the past 3 years affected you and your family?

When you get so stressed that your stress starts stressing you out to the point where you're too stressed to deal with your stress



1



2



3

Welcome to the “New Abnormal”

Virtual/distance/hybrid
learning

Social
Distancing

Grief/loss

Zoom
meetings

Fear/uncertainty

Shutdown

???

???

Quarantine

Vaccines

Total Wellness

- ❑ The Global Wellness Institute defines wellness as the **active pursuit of activities, choices, and lifestyles** that lead to a state of holistic health.
- ❑ This includes **ongoing, intentional, consistent** self-care.
- ❑ Set a positive example for your child and others. You are modeling how to cope, both now and as an adult.

PHYSICAL

Nourishing a healthy body through movement, nutrition, sleep, etc.

SOCIAL

Connecting and engaging with others and our communities in meaningful ways

EMOTIONAL

Being aware of, accepting and expressing our feelings, and understanding the feelings of others

Physical Wellness

- ❑ Many of us were/are at a disadvantage of surviving the global pandemic due to our physical condition(s).
- ❑ The pandemic has increased stress eating or loss of appetite.



- ❑ Your mental health (social and emotional) and physical health are interconnected!
- ❑ Have you and your family been less active or did you start an exercise routine?



Physical Wellness Strategies

- ★ Incorporate physical movement most days of the week
 - At least 30 minutes of walking or jogging, stretching, biking, weight training, dancing.
- ★ What you put into your body matters!
 - Focus on nutrition
 - Limit use of chemical substances
- ★ Make and/or keep medical appointments
- ★ Get at least 7 hours of sleep per night
- ★ Maintain good personal hygiene
- ★ Try simple breathing exercises



Mrs. Ernestine Shepherd

Dedicated, Determined, Disciplined

<https://www.baltimoresun.com/features/bs-fe-baltimore-bodybuilder-beyonce-video-20200805-5s3fvsr6rcelbojum3yzdzri-story.html>

Social Wellness



- ❑ Behavior is a method of communication
- ❑ How do you communicate and interact with others?
- ❑ How does your child/children communicate and interact with others?



Social Wellness Strategies

- ★ Actively listen and spend intentional time with your children
- ★ Connect with friends and family
- ★ Call instead of texting
- ★ Use technology in an interactive and connective way
- ★ Identify and build your village/support group



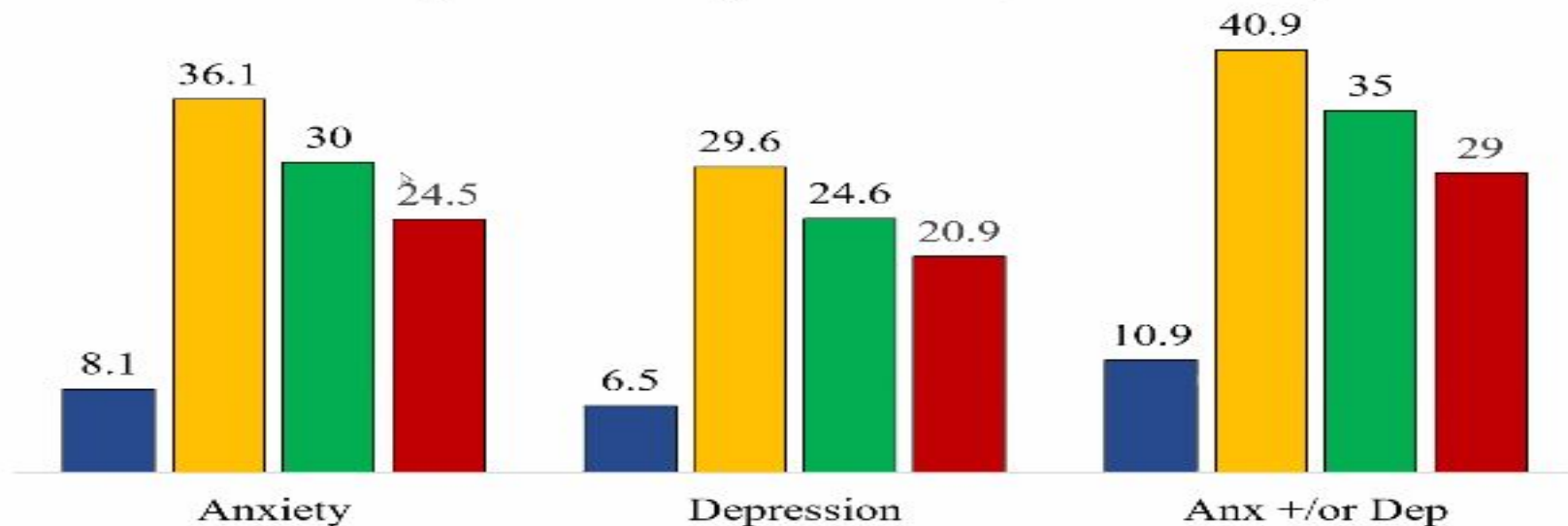
*Lewis H. Latimer,
1848-1928*

Emotional Wellness

CDC Pulse Survey

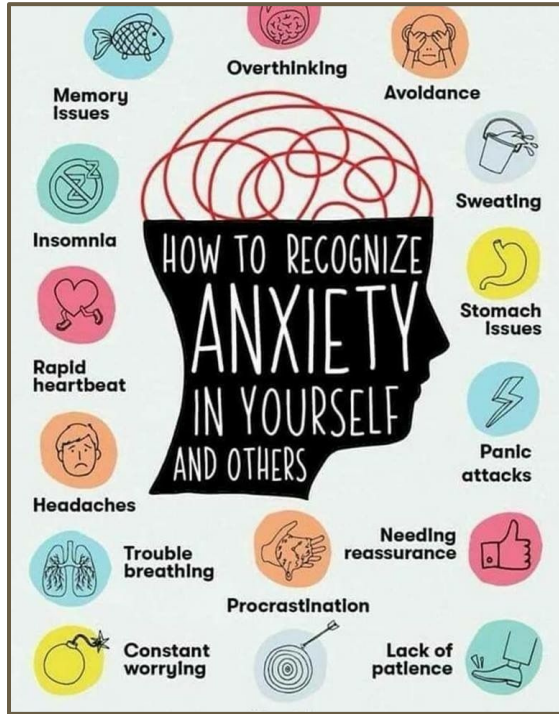
Percent with Anxiety and Depressive Symptoms by Year

■ 2019 Q2 ■ 2020 July ■ 2021 March ■ 2021 July



<https://www.cdc.gov/nchs/covid19/pulse/mental-health.htm>

Emotional Wellness



MindRight for Athletes Society

Do I have depression?

- Do you often feel sad, anxious, worthless, or even “empty”?
- Have you lost interest in activities you used to enjoy?
- Do you get easily frustrated, irritable, or angry?
- Do you find yourself withdrawing from friends and family?
- Are your grades dropping?
- Have your eating or sleeping habits changed?
- Have you experienced any fatigue or memory loss?
- Have you thought about suicide or harming yourself?

Depression looks different for everyone. You might have many of the symptoms listed above or just a few.

National Institute of Mental Health

- *Anxiety* - an emotion characterized by feelings of tension, worry, and fear
- *Depression* - negative emotions that affect how you think, feel, and act
- What is *functional* versus *dysfunctional*?



Emotional Wellness Strategies

- ★ Complete an honest self-assessment of your needs
- ★ Gratitude journal with sentence starters
- ★ Grounding techniques
- ★ Affirmative self-talk and prayer
- ★ Spend time in nature
- ★ Laugh!
- ★ Consider extra help/support from professionals

I feel my
best when
...

I am
proud of
myself for
...

A fear that I
have
overcome is ...

It made
me feel
great
when ...

I am
thankful
for ...

My family
admires
me for my
...

I flourish
when ...

THE HEALTH TRIANGLE WORKSHEET

Self assessment of the three aspects of your health (physical, mental & social)

1

ASSESS YOUR HEALTH

Answer YES or NO to each question, circle your answer, and total the number of "YES."



PHYSICAL

MENTAL

SOCIAL

1. I get seven to nine hours of sleep each night
2. I eat a well-balanced diet, which includes breakfast
3. I keep my body, teeth, and hair clean daily
4. I do at least 30 minutes of physical activity daily
5. I avoid the use of tobacco, alcohol, and other drugs
6. I see a doctor and dentist for regular checkups

YES | NO

YES | NO

YES | NO

YES | NO

YES | NO

YES | NO

TOTAL

1. I generally feel good about myself and accept who I am
2. I can express my feelings clearly & calmly
3. I accept constructive criticism
4. I have at least one activity that I enjoy doing by myself
5. I have awareness of my thoughts and emotions
6. I like to learn and develop new skills

YES | NO

YES | NO

YES | NO

YES | NO

YES | NO

YES | NO

1. I have at least one close friend I keep in contact with
2. I show respect and care for my family and friends
3. I can disagree with others without getting angry
4. I am a good listener and able to communicate clearly
5. I get support from others when I need it
6. I say no if I feel uncomfortable with something

YES | NO

YES | NO

YES | NO

YES | NO

YES | NO

YES | NO



Return to Healthy, Not to “Normal”



- ★ What intentional steps can you make to better care for yourself and your children/family?
- ★ Self-care Plan
 - Commit to ONE thing
 - Set a SMART (Specific, Measurable, Actionable, Realistic, Timely) goal
- ★ Tap into your gifts and family strengths
- ★ What else do you need to make this happen?

Resources



School:

- ❑ School Counselor, Social Workers, School Psychologist, Mental Health Clinician

Community:

- ❑ Community Recreation Center

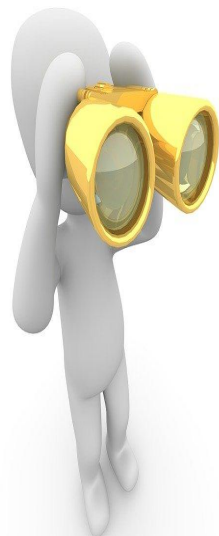
National:

- ❑ Substance Abuse and Mental Health Services Administration (SAMHSA)'s Helpline, [1-800-662-HELP \(4357\)](tel:1-800-662-HELP(4357)) or TTY: [1-800-487-4889](tel:1-800-487-4889) is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.
- ❑ National Alliance on Mental Illness (NAMI) Helpline, [1-800-950-NAMI](tel:1-800-950-NAMI) or text "NAMI" to [741741](tel:741741)
- ❑ National Suicide Prevention Lifeline, [1-800-273-TALK \(8255\)](tel:1-800-273-TALK(8255)) or text "HELLO" to [741741](tel:741741)

Questions or comments?



Where Can You Find Us?



YEMF Website - <https://www.youthempowerme.org/>

Event website: empowerherempowerme.com

 and  @Youthempowerme and @EmpowerherEmpowerMe

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