ACCEPTING THE NEW NORMAL

This youth-led interactive presentation will bring to your virtual space important conversations on topics such as loneliness, anxiety about the future and ways to build resilience during difficult times.It includes personal stories of lived experience during the pandemic and steps youth speakers have taken to integrate self-care practices that work for them. They will also share evidence-based coping strategies that help with managing mental health challenges to build resilience and hope for the future!

The presentation format is following:

INTRODUCTION/WARM UPS

SPEAKER'S STORY ONE

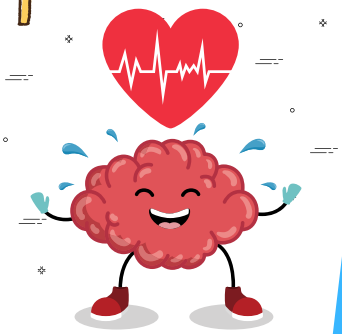
OPINION POLL

TEN COPING TOOLS

- 1-GROUNDING WITH 5 SENSES
- 2-ACTS OF KINDNESS
- 3-GRATITUDE LIST
- 4-MEMES FOR MENTAL HEALTH
- 5-THOUGHT COUNTERING

SPEAKER'S STORY TWO

- 6-FEELING YOUR FEELINGS
- 7-ROUTINE
- 8-UNPLUG, UNWIND!
- 9-STRETCH & GROUND
- 10-POSITIVE AFFIRMATIONS



OPINION POLL

Q&A RESOURCES

LOOK TO YOUTHSPEAK FOR SELF-CARE STRATEGIES, INFORMATION, IDEAS, AND MUCH MORE!

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