**Coping with COVID-19 Continuing Education Programs**

Six One-Hour Zoom Programs

offered free to Community Agencies staff

by Troy University Tampa Bay Site staff through COPING.US Training Programs

COPING.US Training Programs is a CEU Provider for CE Broker CE Provider # 50-21474

Courses approved by:

Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling for: LMHC's, LMFT's, LCSW's & CMSW's

Florida Board of Nursing for: LPN's, RN's & ARNP's

Achieving good mental health during COVID-19 is not just a reflection of the absence of disease or disability. It comprises a balance between self-satisfaction; independence; capability and competency; achieving potential and coping well with stress and adversity. To do so here are some helpful one-hour programs which can assist you achieve the goal of successfully Coping with COVID-19. Take at look at the *Coping with COVID-19 Information Resource* at: <http://coping.us/covid19copinginfo.html> to get an idea of what will be covered in these programs.

**1. Uncovering Happiness with Mindful Self-Compassion Practices**

Thursday 10:00 am Oct 8 & 1:00 pm Friday Oct 30

Tracking # 20-714903

Self-compassion transforms lives!

1. It is re-defined as the ability to care, to soothe, and to comfort, but also to strengthen when it is needed.
2. It is revolutionizing self-care and emotional coping skills in psychology.
3. Self-Compassion is a new skill- building program to harness the power to cultivate inner strengths; to courageously attend to difficulties with understanding and kindness in order to empower the self.
4. During this experiential presentation participants will learn the core principles and practices of self-compassion to learn how to cope with stressors in their professional and personal lives.

**2. Healing Emotionally with Mindful Laughter Practices**

Friday 10:00 am Oct 9 & 1:00 pm Thursday Oct 29

Tracking #: 20-714905

Mindful Laughter can heal your mind and body!

1. Anyone can laugh without relying on humor, jokes or comedy.
2. In this presentation we will introduce laughter techniques that allow adults to achieve sustained hearty laughter without involving cognitive thought.
3. Learn how you can use laughter as a therapeutic approach to heal emotionally from negative emotions and find an infinite ability to laugh, even during stressful times.
4. Please be aware that this practice could be hazardous to your misery!

**3. Have Fun in this COVID-19 Fun-less Time!**

Thursday 10:00 am Oct 15 & 1:00 pm Friday Nov 6

Tracking #: 20-714907

Having is a healing remedy to COVID-19 stress!

1. Define what goes into having Fun
2. Identify what is Play and trying it out
3. Look at Fun Time Activities to do alone or with your family
4. To open oneself to learn to Play and Forget the Stress out there

**4. Recovering Peace and Tranquility during this Stressful COVID-19 Times**

Friday 10:00 am Oct 16 & 1:00 pm Thursday Nov 5

Tracking #: 20-714909

Mindfulness-Based Stress Reduction (MBSR) is a proven healing measure when practiced!

1. Identify what Mindfulness-Based Stress Reduction (MBSR) can do to help us gain peace, tranquility and ability to center ourselves so as not to shred into worry and fear
2. Identify how getting into “non-doing” we can do so much more for our sanity, centeredness and grow in loving self-kindness
3. Identify what research tell us about the benefits of MBSR which is so needed in these COVID-19 times
4. Identify the resources out there in the virtual world which you can use to help you achieve your personal inner healing, peace and tranquility to quiet the stress and anxiety which come with the COVID-19 World

**5. Organize Family Life to Handle Kids and Senior Family Members’ Stress and Confusion**

Thursday 10:00 am Oct 22 & 1:00 pm Friday Nov 13

Tracking #: 20-790648

Focusing on a healthy family life will get all of your family through this COVID 19 Crunch!

1. Identify what you can do to improve the home environment for the children and senior family members in your homes or family circles
2. Identify steps you can take to put into place organized plans which address the physical and emotional health of your family members
3. Identify the benefits of structured “family time” for children and senior family members to lessen their fears, worry, concerns and doubts during these COVID-19 times
4. Identify the resources in our virtual world which can support you to help your family members get through these stressful COVID-19 Times

**6. “To Do” projects to heal the Environments in which you Live, Work and Interact Socially**

Friday 10:00 am Oct 23 & 1:00 pm Thursday Nov 12

Tracking #: 20-790650

We are living through an incredible time, but we have tools which when used can get us through!

1. Identify the social and emotional needs that have arisen due to the Pandemics of COVID-19, Social Unrest, Economic Uncertainty and Mental Health Crises
2. Identify the evidence-based practices which can address these needs so that improved physical, emotional and behavioral functioning can be accomplished
3. Identify what tools need to be put into place to help all adjust to the pressures coming from these Pandemic facing us at this time
4. Identify what steps you will be willing to take to help your family members, co-workers and community members cope with the stressors present in this current Pandemic Culture.