Spanish interpretation is available:

- If you are using a Mac or a PC, the button is at the bottom of the Zoom window.

- If you are using an iPhone or Android device, it is in the options menu.

- You can switch between English and Spanish at any time.
ZOOM NORMS

- Mute yourself when not speaking to the group.
- Ask questions and write comments in the chat or raise hand.
ZOOM CHAT

- At times, the presenter or host may use the chat function to ask for audience responses or questions.

- Please follow the presenter’s cues so that we can use the chat as productively as possible.

- As we teach the kids: be specific, kind, and helpful!

- Usually, the best way to ask questions about your individual situation is via email.
LIVING OUR NEW “NORMAL”: TIPS FOR FAMILIES ON HOW TO THRIVE POST-PANDEMIC

SUPPORTING OUR KIDS’ SOCIAL EMOTIONAL GROWTH
GOALS FOR TODAY

- Identify what the new “normal” means to us.
- Learn tips and strategies to manage stress and navigate our new “normal”.
- Commit to one action to address a personal goal.
WORKSHOP NORMS

• Be present and open.

• Take some space. Make some space.

• Respect self and others.

• Keep names and personal stories confidential.

• Post in the Chat.
MATERIALS

• Paper or pad of paper
• A pen or pencil
Ziem Nguyen Neubert

- Pronouns: She/Her/Hers
- Asian; Vietnamese American
- 20 years in public schools
- Parent: 2 kids (15 and 20 years old)
- Youth/Family/Equity Advocate
- Lifelong Learner

Executive Director,
Project Cornerstone
ziem@projectcornerstone.org
We build caring adults
Who build caring schools
Which build caring communities
That build strong kids!
MISSION: To ensure all youth feel valued, respected, and known so they grow into healthy, caring, and responsible adults.
FAMILY
COMMUNITY
WEB OF SUPPORT
RELATIONSHIPS!
How do we show up – for ourselves, for others?
FROM PANDEMIC TO ENDEMIC... HOORAY! HOORAY?

- Good News / Bad News
- We cannot anticipate how we will feel.
- Our feelings may not always match our circumstances.
- Acknowledge that the new "normal" we are returning to may not be so normal at all.
WHAT IS THE CURRENT NEW “NORMAL”?

- Our world
- Our country
- Our city
- Our neighborhood
- Our school
- Our family
- Our own self

Living Our New "Normal" | ©2022-23 YMCA Project Cornerstone

REFLECTION: + / -

LET’S NAME IT!

POSITIVE THINGS (Roses)

• ____________________
• ____________________
• ____________________
• ____________________
• ____________________

NEGATIVE THINGS (Thorns)

• ____________________
• ____________________
• ____________________
• ____________________
• ____________________

Living Our New "Normal" | ©2022-23 YMCA Project Cornerstone
CAN MY ROSE BE YOUR THORN OR VICE VERSA?
REFLECTION REVIEW:

- Which of these are in your control?
- Which are outside of your control?
- Which of these might be something to keep as a part of your new “normal”?
WHAT DO YOU WANT TO KEEP, STOP/PAUSE, OR START?

- Activities, skills, hobbies
- Rituals & routines, habits
- Family, friends, co-workers, people
- Values, feelings
WHAT HAVE YOU LEARNED ABOUT YOURSELF IN THE LAST 3 YEARS?

- What makes you happy?
- What brings you peace and calmness?
- When are you the best version of yourself?
THE POWER OF APPRECIATION
TIPS & STRATEGIES TO MANAGE STRESS

Focus on what you can control

RELATIONSHIPS

BOUNDARIES

RITUALS & Routines

MIND

BODY

Less is more
WHAT ARE SOME WAYS YOU TAKE CARE OF YOURSELF?
WHAT ARE SOME OF YOUR GOALS FOR THIS YEAR?

• Big?
• Small?
• Long-term?
• Short-term?
• Realistic?
• Yours or someone else’s?
CHOOSE ONE OF YOUR GOALS

SPECIFIC

S

What do you want to do?
Form a focused goal and include specific details.

MEASURABLE

M

How will you know when you’ve reached it?
Show evidence to evaluate your progress.

ACHIEVABLE

A

Is it within your control to accomplish?
Select something challenging, but not impossible.

RELEVANT

R

Does it match your core values?
Find meaningful goals that strengthen what is important to you.

TIMELY

T

When do you want to accomplish it?
Establish an end-date or time frame for completion.

GOALS
What is one action you can take to help you meet one of your personal goals?
SUPPORTING OUR KIDS

1. Acknowledge feelings.
2. Intentionally put support systems in place.
3. Help teens connect with family, friends, and community.
4. Hold family meetings or check-ins.
IT TAKES A VILLAGE
ASSET #3
OTHER ADULT RELATIONSHIPS

Young person receives support from three or more non-parent adults.
Who is a good role model in your child's life, other than you?
ACTIVITY: WATERFALL CHAT
REFLECTION

YOUR WEB OF SUPPORT...

Who is in your village?

Who is one adult you can turn to for support and ideas about your relationship with your own child and/or other young people in the community?

Photo by Dio Hasbi Saniskoro: https://www.pexels.com/photo/people-doing-group-hand-cheer-3280130/
NO MATTER WHAT THE TOPIC IS...

1. Reflect: Check in with yourself first.

2. Role model.

3. Check in with your child.
   – Ask questions in different ways
   – Listen actively
   – Validate your child’s experiences and feelings

YOUTH DO BETTER WHEN THEY HAVE...

relationships and experiences

that make them feel

valued,

respected,

and known.
REFLECTION

What is one action you can take to help your child(ren) feel valued, heard, and supported?

Photo by Brett Sayles: https://www.pexels.com/photo/chalkboard-with-i-see-you-i-hear-you-titles-4966533/
Project Cornerstone

"All kids need is a little help, a little hope, and someone who believes in them."
THANK YOU!

If you have additional questions, please feel free to reach out to our us:

**Ziem Neubert**, Project Cornerstone Executive Director
ziem@projectcornerstone.org

**Geoff Chang**, MVWSD Director
gchang@mvwsd.org

Tell us how we did!

**Survey Link:**
http://mvw.sd/pusurvey020323
IF YOU OR A LOVED ONE ARE STRUGGLING WITH STRESS OR ARE IN IMMEDIATE DISTRESS...

- Call or text **988** for Suicide and Crisis Lifeline.
- [https://988lifeline.org/](https://988lifeline.org/)
- Call 1-800-662-4357 for information on support and treatment facilities in your area (the Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline).
NEW THREE-DIGIT CODE

If you or someone you know needs support now, call or text 988 or chat 988lifeline.org
RESOURCES

- http://www.projectcornerstone.org/
- https://searchinstitute.org/
- http://www.fosteringresilience.com/7cs_parents.php
- https://parentandteen.com/covid-pandemic-lessons-teens/?utm_source=m_fb_4_19_21&utm_medium=n_p&utm_campaign=facebook_AM&fbclid=IwAR3YZNV5tSmtWW4a6JQlJ2zvsw389PAzJ2XipDWUcZO4JZ6sg3gpnCLR98
- https://www.goodmorningamerica.com/wellness/story/mental-health-action-day-tips-cope-reentry-anxiety-77781949?fbclid=IwAR2uZFSwfAwN0W0NdHVmp2mU7r2CpmYj1-zjgvunsyt5OkUm-YoJRu6WIv0
- https://www.self.com/story/re-entry-anxiety-covid
RESOURCES

- https://www.mindbodygreen.com/articles/why-doing-less-should-be-your-new-years-resolution
- https://thevibewithky.com/2022/12/26/6-tips-for-reducing-stress-in-2023/
- https://www.bjc.org/Coronavirus/Staying-Safe/ArtMID/6429/ArticleID/5764/10-Things-to-Know-as-We-Find-Our-Way-to-a-New-Normal
- https://www.bjc.org/Coronavirus/Staying-Safe/ArtMID/6429/ArticleID/5764/10-Things-to-Know-as-We-Find-Our-Way-to-a-New-Normal