



Wellness Series Schedule:

Welcome to the Rethink Ed Educator Wellness Series. The pandemic and the return back to the classroom has led to increased stress and anxiety for educators nationwide. We understand this school year will place additional demands on staff and teachers. Over the month of October and November we have created a schedule of live PLC sessions hosted by Rethink Ed Professionals to help you head into the new school year as your best self mentally and emotionally.

Get Started

Sessions will be hosted by Rethink Ed Professionals on the Zoom conferencing application. You can access the sessions only at the date and time they begin.

Introduction to Whil & The Resilient Educator Mindfulness Series

In this session participants will learn about Whil, a research-based program and part of the Rethink Ed suite of comprehensive solutions developed for all adults to help improve mental wellbeing, performance, relationships, and sleep. Participants will receive training on how to utilize mental health and well-being resources in the Whil program. Participants will also learn about how they can access professional development on the topic of Mindfulness in Rethinks' four-week self-paced Mindfulness Course.

Tuesday, October 26th, 4:00 – 5:00 PM

[Click Here to Register](#)

Mindfulness

Mindfulness is an important part of Self-Care. Mindfulness provides a way to nurture a sense of quiet inner peace, improve one's ability to learn, and promote deeper and more meaningful relations. In the session, participants will review three small things they can practice increasing mindfulness in their daily life.

Tuesday, November 2nd, 4:00 – 5:00 PM

[Click Here to Register](#)

Anxiety

Anxiety is an emotion that most people experience, and it can be helpful, and it can be more intense and difficult to manage for some. Adults and kids can experience anxiety in many ways, and it is helpful to know several strategies to cope with the symptoms of anxiety.

Tuesday, November 9th, 4:00 – 5:00 PM

[Click Here to Register](#)

Resilience

Participants will learn strategies for helping their students to change their perspectives on setbacks and adverse events, such as: how to focus only on what they can control, and positive re-framing strategies. Participants will also learn how they might help students identify needed resources and supports.

Tuesday, November 16th, 4:00 – 5:00 PM

[Click Here to Register](#)