




YIC Webinar Session Twenty-Seven

October 19, 2022





Agenda

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- Welcome, Mindfulness Moment and Introduction of Presenters - Amanda Charlesworth, USBE-YIC Program Specialist
 - Suicide Prevention Updates and Resources - Cathy Davis, USBE-Suicide Prevention Specialist
 - DBT Skills Overview - Tiana McCall, USBE-School Social Worker/School-Based Mental Health Specialist

Mindfulness Moment

Mindful Morning Bucket List

- The aim of a Mindful Morning Bucket List is simple - to help you enjoy a few mindful moments every morning in easy and meaningful ways.





MINDFUL MORNING BUCKET LIST IDEAS...

Brought to you by *Rachael Kable*

1. USE A MINDFUL BREATHING TECHNIQUE
2. BECOME GROUNDED
3. TUNE IN TO YOUR SENSE OF SOUND WHEN YOU FIRST WAKE UP
4. STRETCH MINDFULLY
5. DO SOMETHING SLOWLY
6. MAKE YOUR BED MINDFULLY
7. DRINK A MINDFUL CUP OF COFFEE OR TEA
8. URGE SURF
9. ALLOW YOUR THOUGHTS TO COME AND GO
10. DO A MEDITATION
11. APPRECIATE THE SEASON
12. DRESS YOURSELF MINDFULLY
13. LISTEN TO THE SOUND OF WATER
14. OBSERVE NATURE
15. PAY ATTENTION TO THE AROMA OF YOUR BREAKFAST
16. NOTICE THE TEMPERATURE AS YOU GET OUT OF BED
17. WASH DISHES MINDFULLY
18. DO A BODY SCAN
19. START YOUR WORKING DAY INTENTIONALLY
20. DECREASE DISTRACTIONS
21. NOTICE THE SENSATIONS AS YOU WASH YOUR SKIN
22. ACKNOWLEDGE YOUR EMOTIONS
23. GIVE SOMEONE A MINDFUL HUG
24. TWIDDLE YOUR THUMBS
25. USE AN AFFIRMATION
26. GO FOR A MINDFUL WALK
27. USE SOCIAL MEDIA NON-JUDGEMENTALLY
28. OBSERVE THE SKY
29. ENGAGE IN SELF-CARE
30. LISTEN TO MUSIC MINDFULLY
31. NOTICE WHAT YOU CAN BE GRATEFUL FOR

(click the pin to find out more)

WWW.RACHAELKABLE.COM

Source:

<https://www.rachaelkable.com/blog/mindful-morning-bucket-list>



Cathy Davis

- Cathy taught ecology, biology, and health sciences (anatomy and physiology) for over eighteen years; for seven of those years Cathy taught school success to at-risk students. She is a small business owner and a graduate of the Goldman Sachs 10,000 Small Businesses Program. Cathy has training in eating disorders, grief counseling, trauma-informed care and is certified with the American Association for Suicidology as a school suicide prevention specialist. Cathy is a certified QPR Trainer, safeTALK trainer, CONNECT postvention trainer, Youth Mental Health First Aid trainer, and PREPaRE (NASP) trainer. She has served as the current Suicide Prevention Specialist at the Utah State Board of Education since 2014. Cathy is currently pursuing her Ph.D. in Educational Leadership and Policy at the University of Utah.



Tiana McCall

Tiana is USBE's School Social Work/School-based Mental Health Specialist. She joined USBE in July 2022 and previously worked as a School Social Worker with Elementary Students for five years. She specialized in serving Refugee Youth and Families and has a passion for Macro-level Social Work, which is what brought her to this role with USBE.

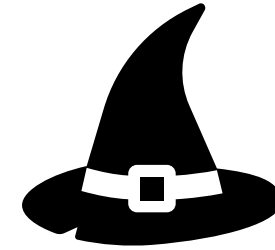
Post Training Survey

- <https://docs.google.com/forms/d/1OfiZcGEWo8kofKLgvEQASMIE1-dBMg30pZh8bQ24Bu0/edit>





Thank you for
participating!



Questions?

Contact USBE YIC

<https://schools.utah.gov/yic/contact>

