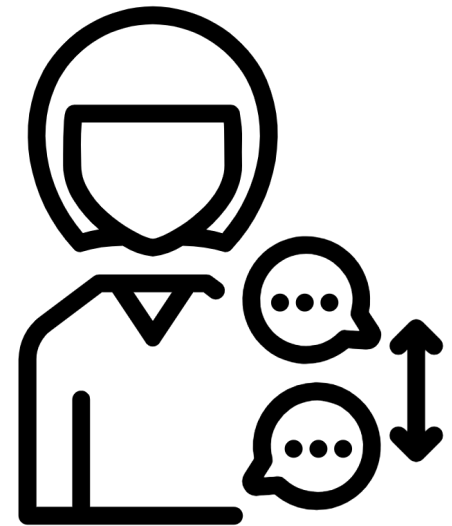


# INTERPRETATION

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.





FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 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.

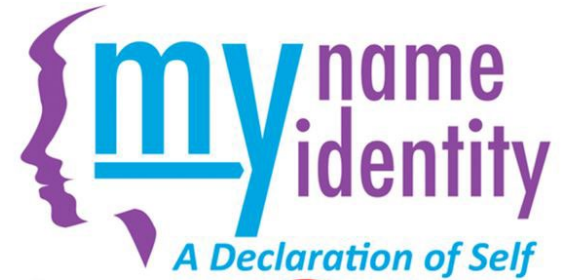
# MATERIALS

- Paper or pad of paper
- A pen or pencil



Photo by Tirachard Kumtanom: <https://www.pexels.com/photo/white-blank-notebook-733857/>

# *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



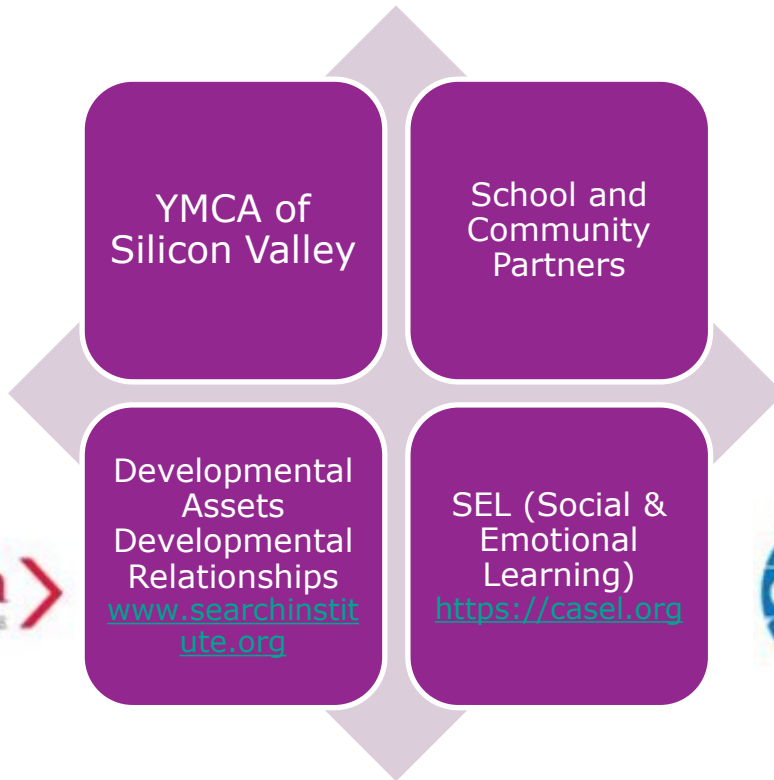
*Executive Director,  
Project Cornerstone*

[ziem@projectcornerstone.org](mailto:ziem@projectcornerstone.org)



# PROJECT CORNERSTONE

[www.projectcornerstone.org](http://www.projectcornerstone.org)

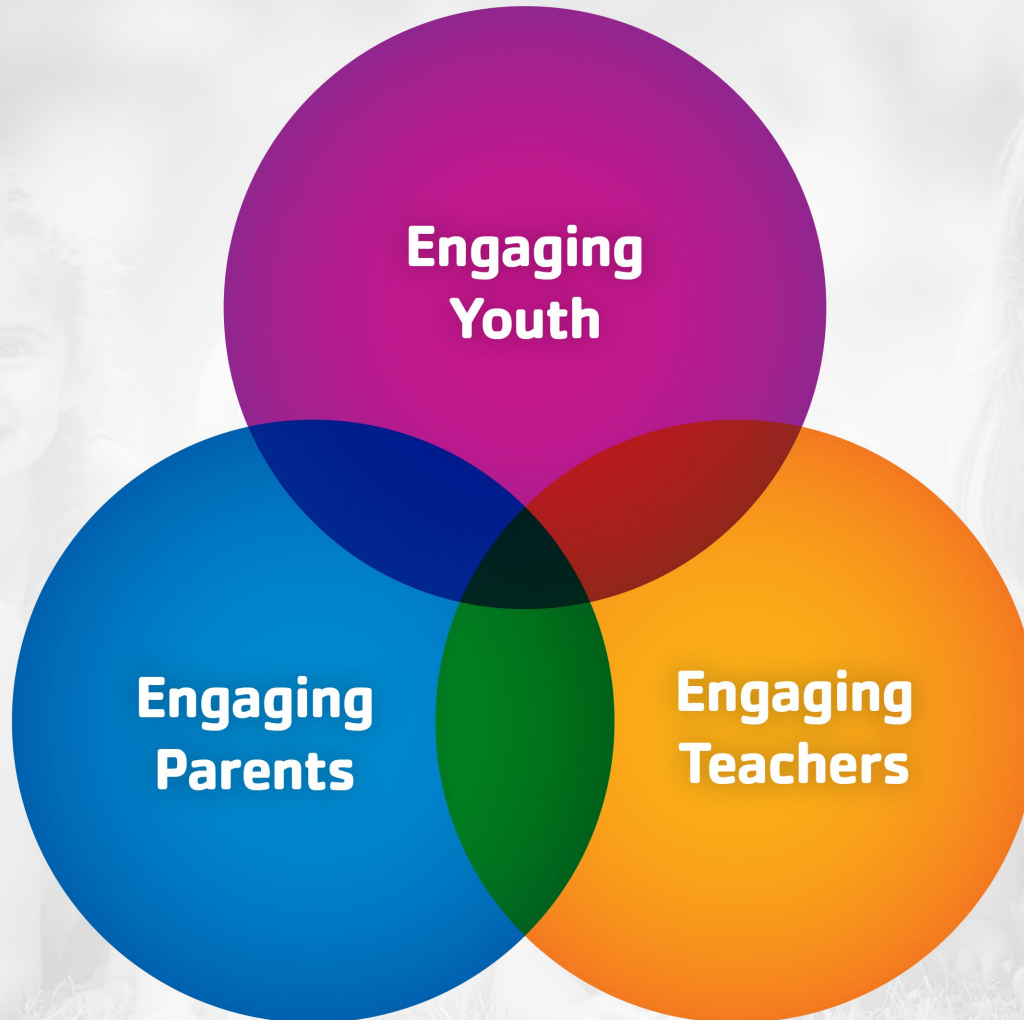


# PROJECT CORNERSTONE



**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?*



Photo by Jessica Lewis Creative:  
<https://www.pexels.com/photo/silver-heart-bowl-filled-of-red-pomegranate-seeds-992816/>



Photo by Diva Plavalaguna: <https://www.pexels.com/photo/high-five-hands-6146822/>

# 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**



# REFLECTION: + / -

*LET'S NAME IT!*



## POSITIVE THINGS (Roses)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## NEGATIVE THINGS (Thorns)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Four orange roses are arranged in a square shape on a white background. Each rose is on a stem with several green leaves. The roses are positioned at the corners of the square: top-left, top-right, bottom-left, and bottom-right. The text is centered in the middle of the square.

**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?

# SELF-CARE



This Photo by Unknown Author is licensed under CC BY-NC

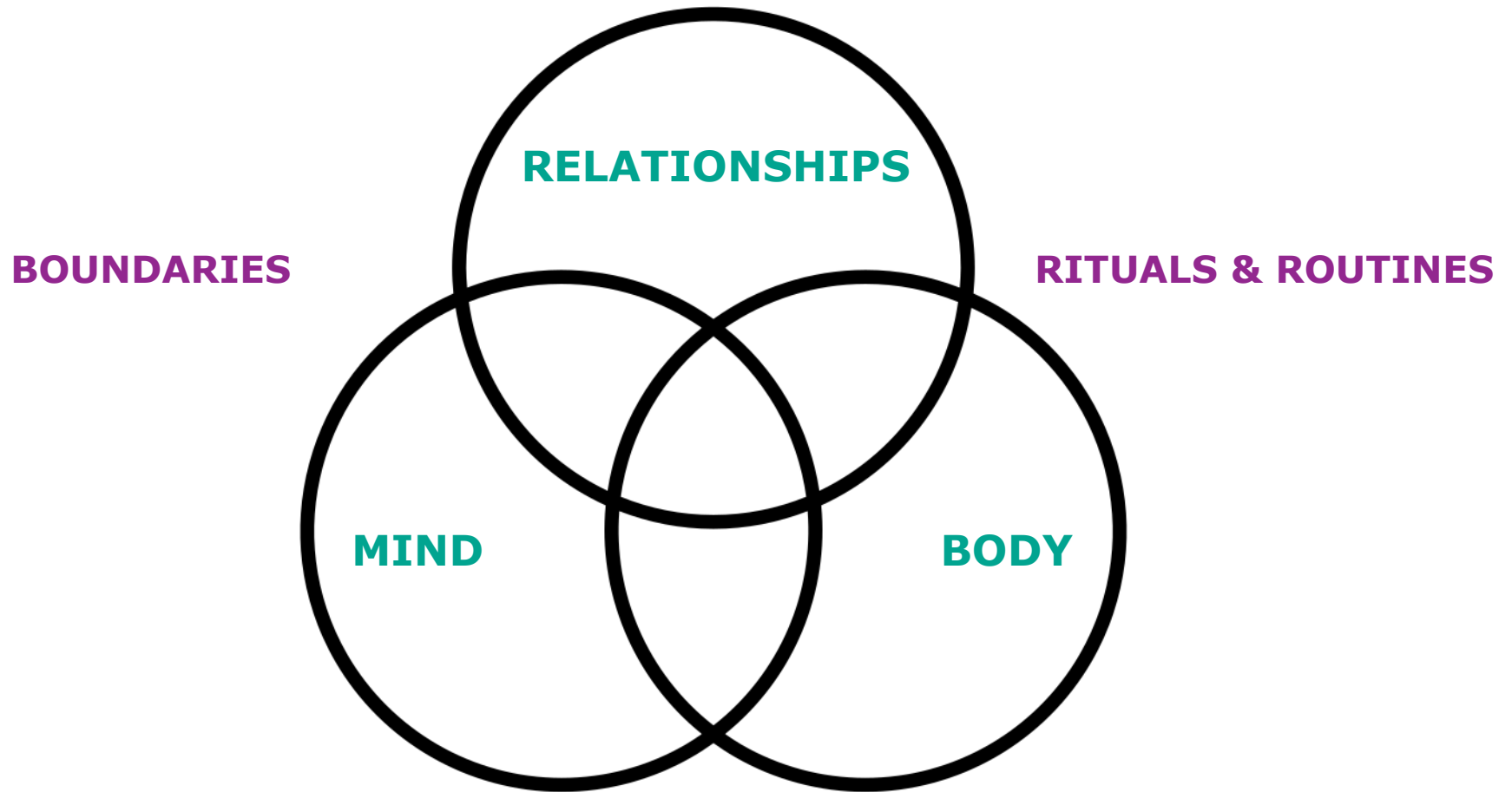
# THE POWER OF APPRECIATION





# TIPS & STRATEGIES TO MANAGE STRESS

*Focus on what you can control*



*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

# REFLECTION

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.





# ACTIVITY: WATERFALL CHAT REFLECTION



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?





# 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
4. Share power – Explore together.



# YOUTH DO BETTER WHEN THEY HAVE...

relationships and experiences

that make them feel

**valued,**

**respected,**

**and known.**



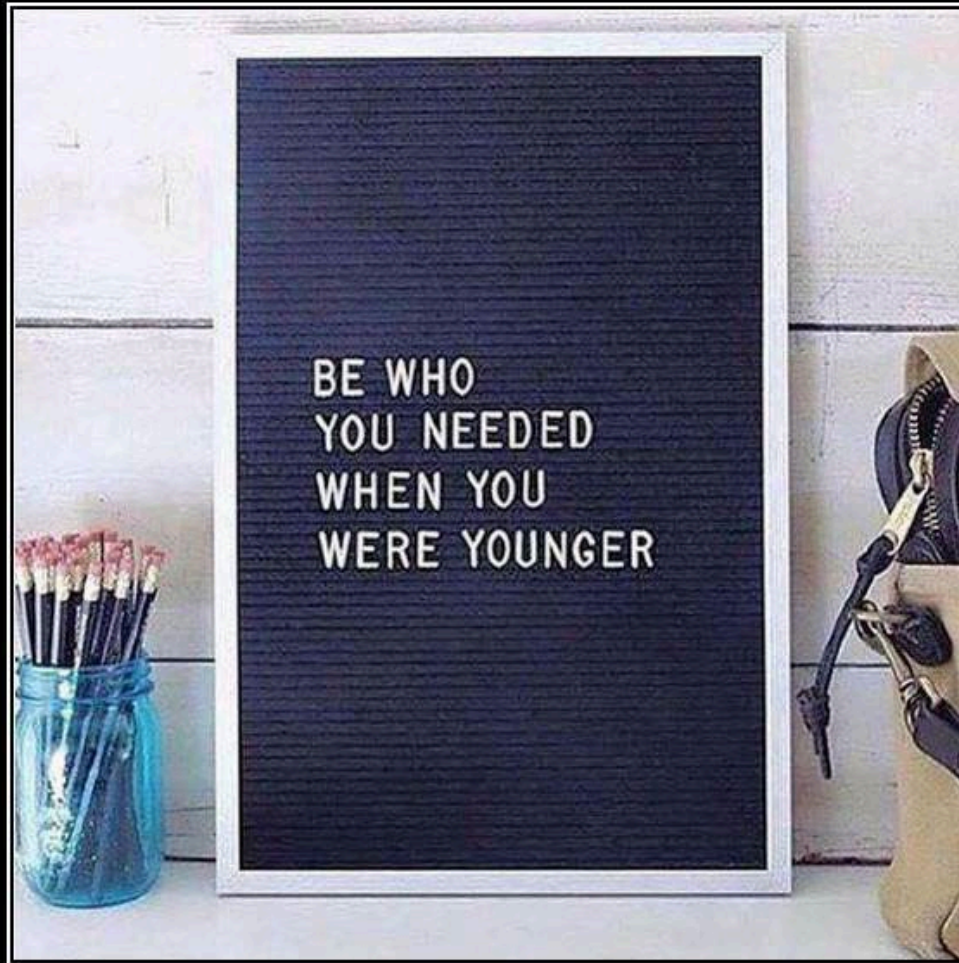
# REFLECTION



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](mailto:ziem@projectcornerstone.org)

**Geoff Chang**, MVWSD Director

[gchang@mvwsd.org](mailto:gchang@mvwsd.org)

**Tell us how we did!**

**Survey Link:**

<http://mvw.sd/pusurvey020323>





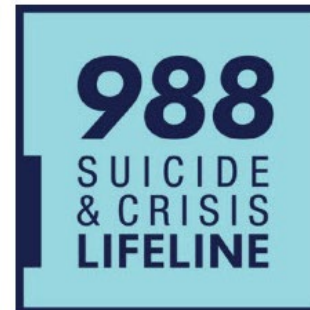
# IF YOU OR A LOVED ONE ARE STRUGGLING WITH STRESS OR ARE IN IMMEDIATE DISTRESS...

- Call or text **988** for Suicide and Crisis Lifeline.
- <https://988lifeline.org/>
- 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**



PEP22-08-03-001



# RESOURCES

- <http://www.projectcornerstone.org/>
- <https://searchinstitute.org/>
- <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html>
- [http://www.fosteringresilience.com/7cs\\_parents.php](http://www.fosteringresilience.com/7cs_parents.php)
- <https://www.psychologytoday.com/us/blog/the-art-now/202105/returning-life-after-covid-19-the-power-appreciation>
- <https://www.psychologytoday.com/us/blog/well-lived-life/202203/why-you-might-still-languish-after-covid>
- [https://parentandteen.com/covid-pandemic-lessons-teens/?utm\\_source=m\\_fb\\_4\\_19\\_21&utm\\_medium=n\\_p&utm\\_campaign=facebook\\_AM&fbclid=IwAR3YjZNV5tSmtWW4a6JQlJ2zvsw389PAzJ2XipDWUcZO4JZ6sg3gpnCLR98](https://parentandteen.com/covid-pandemic-lessons-teens/?utm_source=m_fb_4_19_21&utm_medium=n_p&utm_campaign=facebook_AM&fbclid=IwAR3YjZNV5tSmtWW4a6JQlJ2zvsw389PAzJ2XipDWUcZO4JZ6sg3gpnCLR98)
- <https://www.goodmorningamerica.com/wellness/story/mental-health-action-day-tips-cope-reentry-anxiety-77781949?fbclid=IwAR2uZFSwfAwN0W0NdHVmp2mU7r2CpmYj1-zjgvunsyt5OkUm-YoJRu6Wiv0>
- [https://neurorehab.bancroft.org/family\\_resources/coping-with-covid-re-entry-anxiety/](https://neurorehab.bancroft.org/family_resources/coping-with-covid-re-entry-anxiety/)
- <https://www.self.com/story/re-entry-anxiety-covid>

# RESOURCES

- <https://www.psychiatry.org/News-room/News-Releases/Americans-Anticipate-Higher-Stress-at-the-Start-of>
- <https://www.nbcnews.com/health/health-news/adults-say-expecting-stress-2023-survey-finds-rcna62580>
- <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.forbes.com/sites/lucianapaulise/2022/12/20/start-a-new-morning-routine-in-2023-to-reduce-stress/?sh=47bfe9c5734d>
- <https://healthcareready.org/what-does-our-new-normal-look-like-post-pandemic/>
- <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>