New Mexico Public Schools Insurance Authority

Resources for

R E S I L I E N C E

MONTHLY WORKSHOPS

Healing Our Losses

It takes time to adapt to all the changes that happen when we suffer a loss. Healing from loss entails not only the emotional and mental work of coming to terms with the loss, but also with the practical work of finding replacements or working around the effects of a loss. In this Workshop we will identify our losses, address the practical process of accepting our losses (sometimes by finding replacements), discuss things that can prolong or derail our healing and share strategies that can accelerate our healing process.

ZOOM Relief

Is there even such a thing during this global pandemic? What is "Zoom fatigue" and why are we experiencing it? What can we do to get a break from Zoom (Screens, Teams, WebEx, GoTo…, etc)? What are some other options for teaching and learning? Plan to share your own ideas and best practices with others as we explore how to find relief from this pandemic phenomenon known as "Zoom Fatigue."

Setting Boundaries

Many of us have challenges with boundaries: setting our own boundaries, recognizing others' boundaries, pushing/ignoring boundaries and communicating boundaries. Living through this time of a global pandemic, boundaries are essential- not just for our emotional and mental well-being but for our very physical survival. In this workshop we will learn how to be more effective at setting, reading, respecting and communicating boundaries.

Dealing with Ambiguity

What is Ambiguity? What is VUCA? And what does it mean? How is the pandemic creating more ambiguity in our world? What are some Strategies to Deal With Ambiguity? How can we get better at dealing effectively with ambiguity now and in the future? This workshop will cover these topics and more as we discern various ways to deal with ambiguity in our life and in our work.

Starting March 4
3:30 p.m. – 4:00 p.m.

REGISTER HERE

Or, copy and paste this url into your internet browser: https://attendee.gototraining.com/r/5280038867771035393

Questions? Contact nmpsia.wellness@phs.org