

Creating a

NEW

AND HEALTHIER

Normal

IN THE COVID 19 ERA



Susan Tarasevich Learning
Evidence-Based Teaching, Learning & Leadership

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Think of two stressors-Write them here

Stressor 1. _____

Will it matter one week from now?(*Relevance*)

If yes, state one area where you have some control (*Control*)

Commit to ONE Baby Step

Stressor 2. _____

Relevance: _____

If yes, what is one area where you have some control (*Control*)

_____ *Commit to ONE Baby Step*



2

60-Second Recall:

Five Powerful Take-Aways So Far

✓Check Two that You Commit to Using **Tomorrow**

3

Self Care Map



4

**Thank
You For
Your
Attention!**



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