



Presented by, Dr. César Morales, Ventura County Superintendent of Schools  
Coordinated by Comprehensive Health and Prevention Programs

# Thriving in Challenging Times *with Dr. Lucy Vezzuto*



**Friday, May 21st 10:00am-11:30am**

**Register for complimentary session:**

**<http://vcoe.k12oms.org/1616-202183>**

**Intended Audience: Teachers, Counselors, School Coordinators, Mental Health Providers, and Administration. All are welcome!**

We have a choice about how to meet life's difficulties and challenges. Moving from survival mode to thriving takes intention, healthy coping skills, and a growth mindset. When we are calm and model how to healthfully respond to daily stressors, those around us can 'catch' our calm. This is an interactive session focused on nurturing resilience, understanding the new science of stress, and practicing healthy stress-coping skills. During this session participants will:

- Reflect on the ways they are resilient and thrive
- Celebrate their successes during the past challenging year
- Learn how to reframe their thinking about stress to minimize the health effects
- Explore the power of co-regulation of emotions
- Practice a variety of stress-reduction exercises to enhance their health

**For more information contact Daisey Valadez at  
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VENTURA COUNTY  
**BEHAVIORAL HEALTH**  
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