

Wagner College Faculty/Staff Circle

Monday July 27 @ 2pm
Monday August 3, 10, 17 @ 2pm

Wednesday July 29 @ 6pm
Wednesday August 5, 12, 19 @ 6pm

Join us for a 4-week summer seminar relating to grief, stress, fear, and resources for navigating COVID.

Week #1: Wagner Faculty/Administrator/Staff - Check In: No one would argue that this has been an unprecedented summer. Let's review the methods discussed within the Wagner Sharing Circle that have helped us cope with stress in a healthy way and have will made you, the people you care about, and our community stronger. Check-in with the Sharing Circle!

Week #2: Stopping The "What If's": Relinquishing our desire for certainty and control is easier said than done. If you feel yourself start to spin out into negativity or panic, grounding yourself in the present moment can stop the negative spiral and allow your rational brain to come back online. The technique is simple yet effective: Bring your attention to your breath and your body. Join us as we show you how to focus all of your attention on the here and now: noticing the sights, sounds, and smells around you and what you're feeling in your body.

Week #3: Building A Support Network: All of us are going to need reassurance, advice, or a sympathetic ear during this difficult time. But be careful who you choose as a sounding board. The coronavirus is not the only thing that's contagious. So are emotions! This week we will discuss how to make relationship decisions that will allow you turn to the people in your life who are thoughtful, level-headed, and good listeners.

Week #4: Familiarizing Yourself With Community Resources: The most fearful component of COVID 19 remains this pandemic is so open-ended. Preparedness for our faculty/staff families and our students can establish a sense of stability and control in these unstable times. Local resources will be provided to promote health and wellness as well as to inspire potential civic engagement within our Wagner community.