

RESILIENCY AND WELLNESS TRAININGS

BUREAU OF CORRECTIONS

May 2022



Practicing the Pause

Mindfulness Moments

It's Okay to Ask for Help

COVID-19 and Your Resilience

Self-Care

Managing Psychological Distress

Grief and Loss

Psychological First Aid









COVID-19 and Wellness Control Panel

BUREAU OF CORRECTIONS

May 2022



COVID-19 Information and Resources

National COVID-19 Resiliency Network Resource Links (English)

National COVID-19 Resiliency Network Resource Links (Spanish)

Relax and Refresh

Mindfulness Moment Video

COVID-19 and Your Resilience

Practice the Pause Video

You Matter! **Coping During** COVID-19 and Beyond Flyer

It's OK to Ask for Help

It's Okay to Ask **Presentation**

Prevention for Correctional and

COVID-19 to Treat Fact

Health and Wellness

Tips for Talking with Your Health Care Provider

Men and Depression

Maintaining Good Mental Health







This material was prepared by Alliant Health Solutions, a strategic partner in Morehouse School of Medicine's National COVID-19 Resiliency Network (NCRN). The funding was made possible through a grant from the US Department of Health and Human Services Office of Minority Health. The National COVID-19 Resiliency Network logo are service marks of Morehouse School of Medicine. (https://ncrn.msm.edu/)