



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

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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 for Help Presentation](#)

[Infection Prevention for Correctional and Detention Facility Workers](#)

[COVID-19 to Treat Fact Sheet](#)

Health and Wellness

[Tips for Talking with Your Health Care Provider](#)

[Men and Depression](#)

[Maintaining Good Mental Health](#)