



Northwest Well: Well-Being in the Time of COVID-19

Northwest Well is a collaborative initiative between the Anthropedia Foundation and the Northwest R-1 School District. The goal of Northwest Well is to promote resilience, stress-management, and well-being for district staff, parents, and students. All services are free due to a generous donation from the Jefferson Foundation.

Registration Link for Seminars and Workshops: <https://bit.ly/3dF2oYE>

Schedule Coaching: Northwestwellbeing@gmail.com

Parent and Educator Seminar: Stabilizing Families & Classrooms in Uncertain Times: What the Science of Well-Being Can Teach Us

Thursday September 17, 7-8pm

Target Audience: District Staff, Parents

This seminar will look at concepts of well-being that parents and educators can apply to their daily lives to increase resilience and hope during this unprecedented time. Specifically, the seminar will explore two pillars of child development, nurture and structure, as well as the importance of meaning and perspective to help us manage the stress of 2020.

Meditation Class

Tuesdays September 22 and October 6, 7-7:30pm

Target Audience: District Staff, Parents, High School Students

Meditation classes will be offered monthly for district staff, parents, and high school students. Meditation classes rotate through various practices that focus on meditation, mindfulness, and contemplative approaches. Our techniques allow one to calm the tensions and struggles in their thoughts, become more aware of their senses and surroundings, and help them to experience an increased sense of well-being.

Body Awakening

Tuesday September 29, 7-7:30pm

Target Audience: District Staff, Parents, High School Students

Body Awakening, allows participants to deepen their understanding of the body through movement, coordination exercises, and contemporary dance techniques. Exercise, dance, and movement

promote mood, quality of life, and are associated with better health outcomes (Penedo and Dahn 2005).

Know Yourself Workshop (three-week commitment)

Thursdays September 24, October 1, & October 8, 7-8:30pm

Target Audience: District Staff, Parents, High School Students

This workshop is designed to help you increase self-understanding and improve your overall well-being. The workshop consists of three 90-minute sessions and will focus on part one of the Know Yourself series developed by the Anthropedia Foundation. You will explore concepts, tools, and exercises to foster calmness, self-awareness, emotional intelligence, and mind-body health. All of the exercises and practices that you will learn are designed to stimulate the development of the brain, particularly the prefrontal cortex.

One-on-One Well-Being Coaching

Schedule at your convenience by emailing Northwestwellbeing@gmail.com

Target Audience: District Staff, Parents, High School Students

Anthropedia coaching is person-centered and uses a bio-psycho-social-spiritual approach to well-being. Concretely, our coaching is a blend of our educational program, the *Know Yourself* series, co-active coaching, and a wide variety of mind-body practices for well-being.

The *Know Yourself* series is a course in well-being designed to help people increase self-understanding, manage stress, and find deeper contentment in their lives. The series offers an approach to mental and physical well-being that is based on the latest research in psychiatry, psychology, neuroscience, and mind-body health, including studies on self-awareness, personality, positive thought, mindfulness, and life satisfaction.

SEPTEMBER/OCTOBER

M	T	W	T	F	S	S	
31	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17 Seminar 7-8pm	18	19	20	
21	22 Meditation 7-7:30pm	23	24 Know Yourself 7-8:30pm	25	26	27	
28	29 Body Awakening 7-7:30pm	30	1 Know Yourself 7-8:30pm	2	3	4	
5	6 Meditation 7-7:30pm	7	8 Know Yourself 7-8:30pm	9	10	11	