

MARCH 8 FRIDAY FLEX FOLLOW-UP ON WELLNESS AND WELL BEING

TIME	BU 118	BU 103	BU 120	Pool/APE Gym
8:30-9:30	Power of Positive Thinking BJ King, Anthem	<i>No program</i>	Coping with Stressors, Pressures, and Demands Dr. C. Oler	<i>No program</i>
9:40-10:140	Overcoming Burn-out BJ King, Anthem	Suicide Prevention Jasmine Lopez, Santa Clara County Mental Health	Coping with Stressors, Pressures, and Demands <i>continued; please attend all</i>	<i>No program</i>
10:50-noon	Resilience for Working Parents BJ King, Anthem	Suicide Prevention, <i>continued; please attend all</i>	Get Up and Get Moving Sedentary to Active J. Lango	All Wet: Pool Fitness the Fun Way & APE tour E. Lopez & K. Sato*
12:30-1:45 please bring a brown bag lunch	Five Buckets Theory for Work-Life Balance BJ King, Anthem	Engaging In Difficult Dialogue in the Workplace D. Besson & K. Glass	<i>No program</i>	

**This session (and only this session) will last till 12:30, so pool fitness participants can tour the APE facility after they dry off.*

March 8 Friday Flex Follow-Up Wellness & Well-Being Workshop Descriptions

8:30-9:30

The Power of Positive Thinking by BJ King, Anthem. Holding onto negative thoughts and actions is the formula for disaster. Build self-confidence and success in all areas of life by thinking positively. Come learn to expand the way you think about work, life, family, finances, health, etc. Use positive attitudes, words, and affirmations to establish good new skills, habits, goals, and actions for a successful life. **BU 118.**

Coping With Stressors, Pressures, and Demands by Dr. C. Oler. Gavilan's own Dr. O will offer practical ways based on current psychological research to better cope with demanding jobs and lives. Please come for two hours. **BU 120.**

9:40-10:40

Overcoming Burn-out by BJ. King, Anthem. Overcoming burn-out means taking time to understand what it is and how it affects every area of your life. Having a Positive Mental Attitude is a great first step. Come find out how to create ways to make life fulfilling, peaceful and enjoyable. **BU 118.**

QPR Suicide Prevention: Ask a Question, Save a Life by Santa Clara County mental health worker Jasmine Lopez and Carla Velarde Barros. Question, Persuade and Refer (QPR) for suicide prevention helps you learn myths and facts related to suicide; warning signs of suicidal intention; how to ask the right questions; how to persuade someone in crisis to seek help; and how to refer to resources. Please come for two hours. **BU 103**

Coping with Stressors, Pressures and Demands, continued from above **BU 120.**

10:50-noon

Resilience for Working Parents by BJ King, Anthem. Adapting to being a parent is not easy; being a working parent adds even more difficulty. How do you balance your life? Learn skills to become more resilient so your family can grow and thrive with peace and joy. **BU 118.**

Get Up and Get Moving: Sedentary to Active by J. Lango. Using the FITTE principle, the Karvonen Formula (yes, Math!), and the Runkeeper App, Gavilan's football coach will lead the group in looking at how each participant can develop an exercise routine that meets her or his needs. **BU 120**

All Wet: Pool Fitness the Fun Way and APE Tour by Eric Lopez and Karen Sato. Join our Adapted PE instructors in the pool to have fun and get a great low-impact workout. Wear shades, hat, & bathing suit, and bring a towel to poolside; after everyone's out and dry again, come on a tour of the Adapted PE facility. **Note: this session will end at 12:30. Pool south of gym.**

QPR Suicide Prevention: Ask a Question, Save a Life cont. from above. **BU 103.**

12:30-1:45

The 5 Bucket Principles: The Science of Work-Life Balance by BJ King, Anthem. In today's world, everything moves so fast we are busy from sun-up to sun-down. We need to have Work-Life Balance. Using the 5 Buckets Principles, we will explore five ways to spread out the various areas of our lives so we can give attention to each area. **BU 118.**

Engaging in Difficult Dialogue in the Workplace by Denise Besson and Kelly Glass. This workshop is intended to help promote a more collegial collegiate culture, specifically focused on communicating and responding to concerns in the workplace. The goal is to help reduce conflict and create a more supportive, rather than defensive, work environment. **BU 103.**