

Self Care and Mental Health
April 21, 2020
Brian Moore

00:08:14 Jennifer-COCAI: Thanks everyone for joining us today for Self-Care and Mental Health Session with Brian Moore from Camp Quality Ohio. Please feel free to ask questions here. I will monitor them for Brian.

00:16:00 Christina Beckwith: I am muting myself for when my dogs start barking

00:20:11 Brian Moore: no worries

00:20:15 Brian Moore: glad you are here

00:22:27 Christina Beckwith: Everyone on this town hall is a WONDERFUL person, if I can judge from the 3-4 that I know personally. ;0

00:23:06 Matthew Ruttler: Same to you Chris!

00:24:47 Hattie Johnson: Hi Everyone :-)

00:26:21 Leah McComb: talking with loved ones

00:26:27 Christina Beckwith: walking outdoors, listening to music

00:26:27 Jennyfer Balkema: Running, icecream

00:26:28 EmJ Juszczyk: Deep breathing exhale!!

00:26:32 Jennifer-COCAI: I go to my happy place, the lake, where I visualize each of the senses-sounds, smells, sights

00:26:33 Hattie Johnson: Get outside- go for a walk, run, hike

00:26:35 Kara Bryant: Quieting/breathing

00:26:36 Matthew Ruttler: I place my hands on my stomach near my belly button and take 10 deep belly breaths

00:26:39 Heather Ferrier - Camp Okizu: drive to the beach

00:26:52 Cindy Hall: exercise and wine

00:27:06 Michael "Knuckles" -Okizu: Drives and hikes in nature

00:27:08 Leah McComb: playing with our super sweet doggo helps too

00:28:36 Christina Beckwith: nope, but it's a great idea

00:34:25 Jennifer-COCAI: Makes me slow down

00:34:53 Christina Beckwith: lavender oil

00:35:32 Rich Brundige: We have a aromatherapy session at camp

00:36:57 Christina Beckwith: It is nice to be in community with others

00:39:31 Jennifer-COCAI: We need this in kids cabins at Camp!

00:40:41 Kara: Adrienne

00:41:27 Rich Brundige: katie is her name

00:48:54 EmJ Juszczyk: From covid

00:48:56 EmJ Juszczyk: whoops

00:49:16 Christina Beckwith: this too shall pass

00:49:17 EmJ Juszczyk: "Bad news: you're not in control, Good news: you're not in control"

00:49:35 Jennyfer Balkema: Day by day, hour by hour

00:49:43 Leah McComb: we can do hard things

00:50:32 Jennifer-COCAI: "This pandemic is an opportunity..."
01:00:47 Rich Brundige: This is Elisa..yes Rich loves feedback!
01:01:50 Jennifer-COCAI: i have some ideas of how we could help our parents,
would anyone be interested?
01:01:59 Leah McComb: yes
01:02:02 Matthew Ruttler: Yes Jennifer
01:02:03 Jennyfer Balkema: Yes Jennifer!
01:02:11 Michael "Knuckles" -Okizu: Yes!
01:02:12 EmJ Juszczuk: Yes Jennifer!
01:02:33 Jennifer-COCAI: growingleaders.com has a great website and i can send
you guys some info on how to help parents.
01:04:07 Jennifer-COCAI: I love that Leah!
01:04:32 EmJ Juszczuk: Thank you Brian!
01:04:34 Jennifer-COCAI: Thank you Brian and everyone!
01:04:35 Morgan Santiesteban - Camp Okizu: Thank you!
01:04:37 Hattie Johnson: Thanks Brian!
01:04:41 Edith Tomasetti: thankyou!
01:04:43 Michael "Knuckles" -Okizu: Thank You!
01:04:43 Heather Ferrier - Camp Okizu: thx
01:04:49 Leah McComb: Thank YOU Brian!!
01:04:51 Rich Brundige: thanks Brian. Sorry I did not want to be on screen
01:05:43 Rich Brundige: Good therapy ! Dog show!!! Come on Matt