



Virtual Conference

October 14-15, 2020

SESSION TITLE: I AM ENOUGH: A Look at Self-Care and Resiliency

DESCRIPTION:

Happiness is an attitude that we have to choose every day. Utilizing the theory and many activities in the book *Building Your Bounce, Simple Strategies for a Resilient You* by Mary Mackrain and Nefertiti Bruce Poyner, my presentation takes on the complex emotional state we all find ourselves in when we're trying to manage it all, especially as parents. The differences in the different roles we have to play are examined, signs and symptoms of burnout are identified, and active participation in activities to build resilience through the Protective Factors of relationships, internal beliefs, initiative and self-control are exemplified.

SPEAKER INFORMATION

Speaker 1 / Point of Contact:

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PRESENTATION OBJECTIVES

Provide at least two objectives.

At the end of the session, the participant will be able to:

- Understand the different roles we are expected to play in our daily lives;
- Identify signs and symptoms of Burnout
- Learn how Protective Factors, as described in *Building Your Bounce* by Mary Mackrain and Nefertiti Bruce Poyner, work for grown-ups too in building and recognizing resiliency!
- Accept a compliment (or at least know the basics of learning how.)