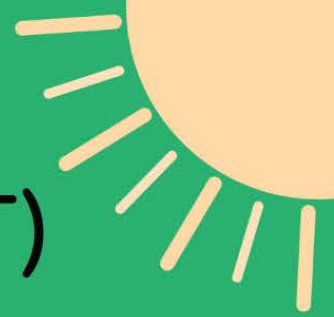


Stress Management and Resiliency Training (SMART)



A FREE 8-part well-being support opportunity exclusively for school professionals in SAMHSA-funded districts.

What is it? With documented benefits in over 30 clinical trials, Stress Management and Resiliency Training (SMART) has been shown to significantly decrease stress and anxiety and enhance resilience, wellbeing, mindfulness and health behaviors.

How does it work? You will participate in four live, virtual one-hour sessions that will provide instruction in a combination of neuroscience and evidence-based skills designed to decrease your stress level and help you overcome adversities. In between sessions, you will also engage in live, virtual one-hour Trust Pods to develop fluency in utilizing the skills and practices. Trust Pods serve as a supportive and restorative processing space that is psychologically safe and free for sharing nonjudgmentally.

When will it happen? The four skill-building sessions plus the four Trust Pods comprise the 8-parts of the Stress Management and Resiliency Training:

Instructional/Skill-Building Sessions, 12-1pm EST

- Thursday, January 12
- Thursday, February 9
- Thursday, March 9
- Thursday, April 6

Trust Pods, 12-1pm EST

- Thursday, January 26
- Thursday, February 23
- Thursday, March 23
- Thursday, April 20

How do I enroll? Register online for the FREE 8-part SMART series by going to <https://bit.ly/3Y6Lrgs> or by using the QR code to the right.



SMART is being offered by the Office of Social and Emotional Wellness (OSEW) in the NH Department of Education (NHED) through partnerships with the Substance Abuse and Mental Health Services Administration (SAMHSA) and the South-Southwest Mental Health Technology Transfer Center Network (SSW MHTTC)



South Southwest (HHS Region 6)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



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