



Candid Conversations

Emotional Resilience during Covid-19





Meet your moderators

Virginia Lopez-Bunnemeyer, LCSW

- OLP class of '87
- UCSD
- Smith College SSU
- Rady Children's
Outpatient Psychiatry
- Essential oils & mental
health

Anita Heveron

- OLP class of '00
- Bachelors- NNU
- Masters - PLNU
- Certificate in College
Admissions and Career
Planning - UC Berkeley



Intention Setting

- *Family focused approach*
- *Instilling Confidence*
- *Community support*





Series Outline

1. *Intro to candid conversation series*
2. *Stress response*
3. *Grief & Loss*
4. *Family strengths*
5. *Student panel*
6. *Research & Next steps.*



Conversation starter

Write down how COVID has personally impacted you (increased fear, anxiety, frustration, changes in work, social life).

try to focus on you, and how COVID has affected you directly





Q&A

