



T.E.E.C.H - ROSC MONTHLY MEETING AGENDA

DATE: March 17, 2021

TIME: 6:00 PM – 7:30 PM

6:00 – 6:30 PM

Opening Statement & Introductions

6:30 – 7:00 PM

Presentation: Dr. Kimberly Thomas, Healthy Soul Talk

7:00 – 7:30 PM

Q&A Session



FSSRI Far Southside ROSC Initiative

PLANNING FOR A BETTER COMMUNITY

T.E.E.C.H Far Southside ROSC Initiative

Mental Health Community, COVID, & Recovery

March 17, 2021 • 6:00 pm - 7:30 pm

Guest Speaker



Dr. Kimberly Thomas

Join The Discussion!

Perhaps you've heard of COVID fatigue, if not I'm sure you've felt it. Today, we'll be talking about how it has impacted our communities and those in recovery.

Zoom Information

<https://us02web.zoom.us/j/83457129193?pwd=SXZHSTgwOVIPbTRHM1hDRDZYYTg3Zz09>

Meeting ID:

834 5712 9193

Password:

553998

Phone Number:

312-626-6799



TEECH FAR SOUTHSIDE ROSC INITIATIVE MONTHLY MEETING

VIA ZOOM

Meeting **Date:** 03/17/2021

Time: 6:00PM – 7:30M

Community topic: Community, Covid, and Recovery

Guest speaker Dr. Kimberly Thomas topic: Healthy soul talk.

What is mental Health:

- Defined by the World Health organization as: a state of well-being in which the individual realizes his or her own abilities can cope with the normal stress of life,
- Can work and be productive
- Can make contributions to his or her community

What is self-care:

- Taking action to improve, maintain, or to preserve one's own health
- Taking in active role in protecting your own well-being and happiness
- The practice of individualized health management
- Everyone self-care will look different

Why is self-care important:

- Helps maintain healthy relationships
- Manage and relives stress
- Helps to organize one's thoughts

Some examples of Self-care:

- Eating healthy
- Walking
- Drinking water
- Good sleep habits
- Shower/bath
- Getting sunlight
- Putting yourself first
- Being honest
- Loving yourself and others
- Reading a book
- Taking tie out for yourself daily
- Spending time doing things you enjoy



There are 5 types of self-care

- Physical
- Emotional
- Psychological
- Spiritual
- Professional care

Not: you can only give what you have. You can't give to others what you don't have.

Self-care is important as it relates to mental health and since the pandemic everyone has experienced some issues with balancing their mental health.

Balance is key

Open floor for questions and comments

COVID reminders:

- 6feet distancing always, practice social distancing.
- Use face coverings and sanitizer
- Remember self-care

We must remain safe and continue to practice safety precautions.

If anyone is struggling, please reach out to TEECH and or another agency assistance