

**Building Resilience: Strategies for Personal Well-Being****February 27, 2025****Link to the recording:** <https://www.youtube.com/watch?v=tSkTSfSgiYg>**eePRO post:** <https://eepro.naaee.org/learning/building-resilience-strategies-personal-well-being/>**Speakers:****Dr. Vik Mohan****Judy Braus, Executive Director, NAAEE****Carrie Albright, Communications and Data Specialist, NAAEE****Highlights of the chat transcript:****Welcome!**

- NAAEE Staff: Welcome everyone! Please share your name, organization, and where you're joining us from!
- Melanie Costello: Melanie Costello, NIU Lorado Taft Field Campus, Oregon, IL
- Sarah Whiting: Hello everyone, Sarah Whiting from Ten Strands calling in from Los Angeles, Ca
- Linda Eipper: Linda Eipper in Mansfield, GA with with GA DNR
- Joshua Cool: Joshua Cool – Catawba College – Salisbury, NC
- Julie Hasty: Julie, Santa Fe Watershed Association, Santa Fe, NM
- Diana Niemoeller: Diana Niemoeller, SEI, El Sobrante, CA
- Hannah Baxter: Hannah Baxter, Devon LMC
- Patty Tolly: Patty Tolly Great Lakes Stewardship Initiative MI
- Talita Lucena: Talita Lucena, from Woodstock MD
- Rachel Holbert: Rachel Holbert, Narragansett Bay National Estuarine Research Reserve, Rhode Island
- Paloma Krakower: Hello everyone! Paloma Krakower – Mohonk Preserve in Gardiner, NY
- Miranda Dowdy: Miranda Dowdy, NC Museum of Natural Sciences, Raleigh, NC
- Ashley McDonald: Ashley, the Conservancy for Cuyahoga Valley National Park, the Cuyahoga Valley Environmental Education Center
- Cara Olivenza: Cara Olivenza, Jeffco Public Schools, Wheat Ridge, CO
- Beth Garner: Beth Garner, PA State Parks
- Preethi Mony: Hi Vik, good to see you again. Preethi from NAAEE (columbus, OH)
- Kate Cornwall: Kate Cornwall, Baltimore MD
- Deborah Schein: Deb Schein
- Elisabeth Bialosky: Elisabeth Bialosky, E2Tech, Portland, Maine
- Bug Hartsock: Bug Hartsock, NAAEE, DFW, TX :)
- Charissa Stair: Charissa Stair, Oregon Coast Aquarium, Newport, OR
- Grace Charabati: Grace, NAAEE, Virginia!
- Madison Anderson: Madison, Blank Park Zoo, Iowa!
- Gabriela Mezeiova: Gabriela from Slovakia 😊 Hello Judy, hi Vik 😊

- Phyllis McKenzie: Phyllis McKenzie, Kohler–Andrae State Park, Cedarburg, WI
- Jenn Page: Jenn Page, Maine Dept of Education and MEEA
- Kasey Gaylord–Opalewski: Thanks for hosting today! Kasey GO from EarthEcho International. Joining from Bradenton, FL
- Hannah Baxter: Hi Vik! 😊
- Sara Tozier: Sara, Conservation Corps MN
- Alicia Torres: Alicia, Everglades Foundation, FL
- Deborah Schein: Minneapolis Mn Loose Parts Lab, Growing Wonder, Soul to Soul
- Megan Fink: Megan, NAAEE, Maryland
- Megan Fedor: Megan Fedor, Pennsylvania Department of Conservation & Natural Resources/PA State Parks from northeast Pennsylvania
- Sydney Gary: Sydney, NAAEE–Natural Start Alliance, Virginia
- Ashley Mazzullo: Hello! Ashley Mazzullo, Montana Conservation Corps from Kalispell, MT
- Selenay Aytac: Hello everyone! Selena from Long Island, NY
- Rob Nichols: Rob Nichols, The Mariners' Museum and Park, Newport News, Va
- Hannah Power: Hello! Hannah from the Wolf Conservation Center, zooming in from South Salem, NY :)
- Jared McGovern: The Wanderwood Gardens. Dubuque, Iowa.
- Sarah Bodor: Hi! Sarah, NAAEE, zooming in from Maryland.
- Cindy Wilems: Cindy, Galveston Bay Foundation in Houston TX
- Julie Read: Hi everyone! I'm Julie from Take Me Outside and I'm joining from Dish with One Spoon and Between the Lakes Treaty 3 land in Guelph, Ontario, Canada. So happy to be here! 😊
- Vik Mohan: Lovely to see you all!
- Carrie Albright, NAAEE: I'm Carrie, joining from Bloomington, IN, where we're actually getting some sunshine today! ☀️
- Laura Downey: Laura Downey with the Kansas Affiliate of NAAEE coming from Manhappiness, KS
- Betty Olivolo: Betty O, NAAEE, Natural Start Alliance, in Virginia
- Jeanine Silversmith: So happy to be here from Wakefield, RI! Vik, I was one of the crazy Rlers who grabbed you to take a pic in Pittsburgh.
- Audrey Eisenhauer: Audrey Eisenhauer at Squam Lakes Natural Science Center in snowy Holderness NH.
- Zee Zetino: Zee Zetino (they/them) joining in from Tongva land (Los Angeles)
- Sarah Bodor: Hi Zee!
- Vik Mohan: Hello!
- Zee Zetino: Hellos
- Elyse Perambo: Elyse Perambo from Green Mountain Farm to School in Newport Vermont
- Jennifer Salinas: Hi all! Jen Salinas (she/her) with the Children & Nature Network
- Anne Umali: Hi hi! Very excited to hear from Vik. Joining from VA.

- Carrie Albright, NAAEE: Great to have so many folks joining us! Please share your name, organization, and where you're joining from!
- Sarah Bodor: Oh, hi Anne!
- Zee Zetino: Hi Anne!
- Adrian Ayson: Hello from rainy Maine! Adrian/NAAEE
- marlow saucier: Marlow, AmeriCorps serving at Green Mountain Farm-to-School in Newport, VT!
- Nick Reed-Krase: Hi Everyone! Nick from Making Cents International in Washington, D.C.
- Allison Martin: Hi, Allison Martin, Partnerships for Young Children! North Carolina
- Fiona Bleers: Hello, all! Fiona Bleers with Polk County Conservation in Granger, Iowa.
- Jack Hilgert: Hi friends, Jack Hilgert from the Oklahoma Conservation Commission based in OKC (Project WET/Project WILD/OKAEE).

### Presentation

#### Q1 from Vik: What do I do to help maintain my well-being?

- Jeanine Silversmith: Exercise and practice Italian every day.
- Judy Braus (she, her) NAAEE: Biking
- Elisabeth Bialosky: Swim
- Silvana Oderisi: I go for walks!
- Selenay Aytac: walking in the nature
- Julie Hasty: Running
- Ashley McDonald: crochet
- Joshua Cool: Stare at birds
- Martha Fisk: Everyday I try to walk with my dog at the end of the day.
- Meghan Orman: running
- Stacie Pierpoint: Gratitude journaling before bed
- Cindy Wilems: painting
- Charissa Stair: Good sleep habits
- Selenay Aytac: talking to mom
- Maddie Fox: Hanging with the dog
- Jason Taylor: Swimming meditation
- Corrie Williams: hike/walk in nature, swimming
- Megan Fedor: Watch birds at the feeder. Listen to music. Go to the gym. Hiking.
- Rob Nichols: outdoor recreation
- Judy Braus (she, her) NAAEE: Baking cookies
- Betty Olivolo: swim
- Kasey Gaylord-Opalewski: Keep boundaries to protect my time; yoga and meditation; walking my dogs
- Teresa Tokasz: Turning off email notifications in off hours

- Preethi Mony: do things with my kids that help me see the joy and wonder of everyday things
- Michael Lewis: Spending intentional scheduled time with friends
- Adrian Ayson: Escape into Netflix and HBO etc
- Zee Zetino: Being outdoors
- Grace Charabati: Exercise, dog cuddles, and fresh air!
- Allison Martin: Spending time with family
- Phyllis McKenzie: Some yoga, exercise, being outside, reading fun stuff, learning
- Hannah Power: Horseback Riding
- Cara Olivenza: sleep, time outside, exercise
- Fiona Bleers: Staying active, passion hobbies.
- Zee Zetino: Nature stroll
- Madison Anderson: Sewing/other hobbies, walking with my dog and playing with my cat
- Minna Paul: observing nature
- Deborah Schein: I focus on gratitude, painting, being in nature, and being with friends
- Bug Hartsock: Reading a good book
- Maria Albuquerque: Yoga! Walking with dog! Being with my friends!
- Madeline Halvey: Sitting in the sun with my cats
- Betty Olivolo: meditation
- Elyse Perambo: Spending time with my animals and the daily chores
- Stephanie Larson: Stephanie Larson, Keep Pennsylvania Beautiful, Pennsylvania
- Zee Zetino: Drinking plenty liquids
- Audrey Eisenhauer: going to see live music
- Hannah Baxter: Reading, spending time with my family, walking my dogs
- Melanie Costello: Yoga, exercise, reading, hanging out with my chickens
- Jack Hilgert: Connecting with friends in-person or over the phone
- Sarah Whiting: Being outside, gardening, playing with pets, cooking good food
- Kay Antunez de Mayolo: Water my garden – talk to my chickens
- Julie Read: Meditation, nature walks, gratitude, swimming, yoga, fun times with friends, music, good food
- Selenay Aytac: hot tea
- Jenna Gatzke: Practicing sourdough baking!
- Cara Olivenza: limiting social media
- Carrie Albright, NAAEE: Walking with my dogs and partner in the woods every morning.
- Sarah Bodor: spending time with friends, long walks
- Talita Lucena: Walking, and connecting with friends
- Zee Zetino: LA Black Worker Center Wellness committee
- Judy Braus (she, her) NAAEE: Volunteering and helping others! It really helps.
- Stephanie Larson: exercise, time with my daughter, being outside

- Jared McGovern: gratitude mindfulness before bed and before waking up. Grounding! Seeing the world through my kids eyes.

### Q2 from Vik: What do I do to help maintain my wellbeing?


- Selenay Aytac: better quality sleep
- Bug Hartsock: Go to sleep on time
- Selenay Aytac: personal chef?
- Betty Olivolo: focusing on my strengths
- Melanie Costello: Connecting with friends and family. Cultivating relationships
- Stacey Moore: Continue Family Gratitudes before bed.
- Martha Fisk: I volunteer to help at school at work – being a helper is my love language
- Jared McGovern: Be mindful of where my mind is. Be fully present with the kids, family and friends.
- Silvana Oderisi: gratitude journaling
- Paloma Krakower: giving myself grace when having a bad day
- Jack Hilgert: I like the gratitude journal, I will try that out as new practice for lent around the corner
- Phyllis McKenzie: Addressing/ reaffirming my vision for myself and believing I am enough
- Fiona Bleurs: I would love to commit to thinking more kindly of myself, remembering more often that "I am enough."
- Selenay Aytac: gardening? spring is coming
- Diana Niemoeller: I get overwhelmed with so many things needing to get done – I'm working to remember that 5 minutes matters – small things done is more things done.
- Zee Zetino: Volunteering with the LA Black Worker centers wellness committee
- Carrie Albright, NAAEE: Recognizing that I can't do it all, but I can do \*something\* that makes an impact and focus there.
- Laura Downey: I also like, I know I can't do all the good the world needs, but the world needs all the good I can do, don't know the author
- Jeanine Silversmith: Yay babies! And yay New Zealand!!
- Judy Braus (she, her) NAAEE: Thanks for sharing Jeanine and Sian!!!
- Sian Crowley: connecting with nature ❤️
- Sian Crowley: ❤️stoked to be here
- Judy Braus (she, her) NAAEE: Sian is an EE 30 Under 30 alum.  
<https://naaee.org/programs/ee-30-under-30/ee-30-under-30-alumni>
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### Q3 from Vik: My support network: How do I stay connected?

- Selenay Aytac: regular meetings?
- Rachel Holbert: Make a point to connect outside of social media

- Jeanine Silversmith: I have recurring calendar invitations with a few of my favorite people to connect.
- Phyllis McKenzie: Actually reaching out when I think of them!
- Kasey Gaylord–Opalewski: I use the Marco Polo app so that I can send a video message to friends/family when I’m thinking of them and that allows them to watch it when they can
- Jared McGovern: I love the regular, reoccurring calendar idea.
- Preethi Mony: making a phone call to a family member or friend I haven't spoken to in a while – try to do this once a week
- Rachel Holbert: Love to reach out for birthdays
- Cara Olivenza: just call someone everyday to ask how they are doing
- Laura Downey: I have a group of friends from across the country and we do a zoom happy hour every single Friday to connect
- Jenn Page: I’m autistic so the social is actually more overwhelming but joining these types of sessions keeps me feeling connected
- Judy Braus (she, her) NAAEE: Send cards to people in the mail--everyone loves getting mail.
- Stacie Pierpoint: The neighbors on my block have started more regular get togethers and a book group. Some of them are living alone and some are families.
- Selenay Aytac: regular calls or meetings
- Carrie Albright, NAAEE: Not being afraid to say how I feel, to tell people how important they are to me, and to authentically be there for them for the big (and little) things.
- Maria Albuquerque: Making more phone calls to my family and friends overseas!
- Selenay Aytac: I call my mom everyday for a few minutes to say hello!
- Sian Crowley: those locally, I like to go for a nature walk or a picnic.
- Sian Crowley: Pebbling– sending things to people that make you think of them
- Judy Braus (she, her) NAAEE: Everyone will get copies of the slides, the recording, and the chat! :-)
- Sian Crowley: like penguins giving pebbles
- Carrie Albright, NAAEE: Sian, that’s such a lovely gesture of friendship, I love it!
- Sian Crowley: making sure to connect on a personal level with every podcast guest

### Questions & Comments

- Zee Zetino: I appreciate being in this space
- Zee Zetino: I love that, “let’s be kind to ourselves”
- Zee Zetino: 
- Judy Braus (she, her) NAAEE: Persistence!
- Laura Downey: Love that framing
- Zee Zetino: Small change can create a greater impact

- Judy Braus (she, her) NAAEE: If you have questions, please enter them into the chat.
- Carrie Albright, NAAEE: This “Taking action” list needs to come with me everywhere. What a powerful set of reminders! 😊
- Manuel Alonso–Martinez: Vik, we often hear from the positive psychology camp (Rick Hanson and many others) that we need to “lean on the good”, while also new research shows the importance of allowing negative emotions and let them arise and just be there with us without any judgement. What is your perspective on this “velcro vs teflon” conversation?
- Jack Hilgert: How to balance being informed (news/information consumption) without putting our heads in the sand?
- Selenay Aytac: what do you think of leisure reading? book therapy as a self care?
- Jeanine Silversmith: “Hope is not the conviction that something will turn out well, but the certainty that something is worth doing no matter how it turns out.” –Václav Havel, Czech leader
- Anne Umali: Hope as a practice. Love this!
- Patty Tolly: My new motto: Take steps to create the world you hope for.
- Laura Downey: Love that Jeanine ❤️

### Shared Resources

- Megan Fink: <https://eeepro.naaee.org/learning/eelearn/eelearn-6-mwee-101>

### Closing

- Hannah Baxter: Thank you so much for trusting us with your story Vik. I really appreciate your openness and honesty, and your courage and vulnerability are inspiring.
- Zee Zetino: Thank you so much !
- Paloma Krakower: Thank you!
- Laura Downey: Thank you so much, this is just what the doctor ordered ❤️
- Stacie Pierpoint: Thank you so much, Vik!
- Selenay Aytac: Thank you!
- Phyllis McKenzie: Thank you so much. This has been so encouraging!
- Preethi Mony: Thank you so much!!
- Jeanine Silversmith: Thank you!!
- Healey Cayabyab: Thank you!
- Fiona Bleers: Thank you! 😊
- Cindy Wilems: Thank you! I can't wait to share this with my team!
- Laura Downey: Thank you NAAEE for knowing we all needed this right now and making it happen
- Minna Paul: Thank you, Vik. So good to see you.
- Sian Crowley: I really focused on gratitude in my burnout. Spending less time on my phone allowed me to observe more joy in life, I suddenly noticed small acts of kindness everywhere, how the rain reflected the lights on the ground,

beautiful natural wonders etc. I tried to write them all down to reflect and celebrate the good in everything!

- Jack Hilgert: Thank you so much, love this familieE
- Judy Braus (she, her) NAAEE: Thank you all for joining and sharing your questions and thoughts!!!
- Sian Crowley: Ngā mihi nui! Thank you so much ❤️
- Vik Mohan: Thank you all!
- Silvana Oderisi: Thank you for providing this uplifting opportunity for us today!
- Sarah Bodor: Thank you, Vik! Thanks, Judy and Carrie!
- Megan Fedor: Thanks so much!
- Hannah Power: Thank you!
- Allison Martin: Thank you!
- Talita Lucena: Thank you!
- Diana Niemoeller: Thanks all!
- Hannah Baxter: Thanks Vik 😊 Catch-up soon