



June 2020 Virtual

Wellness Month

Recordings & Materials

Featuring CC Faculty members:

Sheri Damon, Ed Stone, Elena Cherepanov, Divya Anand

Session 1: 6/5/20 The Power of Mindfulness in Strengthening our Immune System, Sheri Damon

In this session, SOPC program chair, Sheri Damon shares leads several mindfulness activities and shares the science for how they help us to engage the parasympathetic nervous system and reduce stress, boosting our immune systems.

- [Link to Session Recording \(52:54\)](#)
- [Link to Powerpoint](#)

Session 2: 6/9/20 Life in Balance: Creating Connection in a Time of Social Distancing and Injustice, Sheri Damon & Ed Stone

In this amazing 1.5 hour session Sheri Damon, SOPC program chair discusses the importance of connection during social distancing, and SOPC senior instructor, Ed Stone, discusses the impacts and effects of systematic racism during a time of social injustice.

- [Link to Session Recording \(1:08:37\)](#)
- [Link to Materials & resources](#)

Session 3: Wednesday, 6/17/20 Navigating the Trauma of Covid-19, Sheri Damon and Elena Cherepanov

In this informative 1 hour session, Sheri Damon, SOPC program chair and Elena Cherepanov, SOPC senior instructor, discuss the effects of trauma related to Covid-10 as well as coping mechanisms, strategies, and trauma resources.

- **(Recording not available)**
- [Link to wellness resources](#)

Session 4: Friday, 6/26 Mindful Parenting and Self Care during Covid-19, Sheri Damon, Ed Stone, Divya Anand

In this session, Sheri Damon, SOPC program chair, Ed Stone, SOPC senior instructor, and Divya Anand SOUG senior instructor discuss parenting strategies for caring for children during Covid-19 and helping them to understand racism.

- [Link to Session Recording \(1:24:49\)](#)
- [Link to Raising children's critical social consciousness through literature slides](#)