

2022 Mental Fitness Challenge

Frequently Asked Questions

The impacts of the pandemic and its variants have created a massive strain on students, educators, and the education community. With constant school shutdowns and remote learning mandates, educators are working to maintain education standards for their students. However, it's leaving little time and energy for educators to care for themselves.

What is the Mental Fitness Challenge?

The 6-Week Mental Fitness Challenge will be broadcasted through Zoom Webinar and includes:

- Guided support and training around Starling Mental Fitness program
- Weekly live session with Dr. Andrew Miki that includes a Q&A period
- Weekly homework exercises to put learning into action

The webinar series topics include:

- Session 1: Mental Fitness 101: Meet yourself where you are at
- Session 2: How stress impacts your battery
- Session 3: Getting into the 'Zone'
- Session 4: 5 tips for Assertive Goal Setting
- Session 5: How to manage unhelpful thoughts
- Session 6: Moving forward with your Mental Fitness Plan

When is it?

It's a recurring webinar series on Tuesdays from April 5th 2022 - May 10th, 2022, at 7 PM ET.

Who will be involved?

The challenge will be hosted by our Chief Science Officer, Dr. Andrew Miki, an expert in providing support for educators. Andrew will be walking through the Starling Mental Fitness program sections that are most relevant and impactful to educators.

How will it help educators?

Our Starling Mental Fitness program personalizes mental health support and training to help each member better manage their stress, anxiety, and burnout

It will help them:

- Learn how to raise their awareness of stressors and reactions
- Discover strategies to help them relax and recharge
- Learn how to see the "small wins" in their day-to-day life
- Learn how to have more balanced, objective, and realistic thoughts

The Mental Fitness Challenge will help educators build the skills they need to recharge for the summer and return to school as resilient as possible.

What would members need to do?

To participate in the Mental Fitness Challenge with Dr. Andrew Miki, members need to:

- **Step 1:** Register for the webinar series ["6-Week Mental Fitness Challenge Series with Dr. Andrew Miki"](#)
- **Step 2:** Register for a [Starling Minds Mental Fitness program](#) with access code QPATMEMBER
- **Step 3:** Take their first check-up before the 1st interactive session
- **Step 4:** Attend and participate in the various interactive activities throughout the challenge

Is it free?

Yes - it's free for you and all members.

Is it confidential?

At Starling Minds, our members' privacy and confidentiality are of the utmost importance. All of your personal information, answers and interactions with Starling Minds information is kept private and anonymous.

What do you need from me?

Please take the prepared communications and send it out to your channels to raise awareness around the Mental Fitness Challenge. For members to get the most out of the Mental Fitness Challenge, be sure to promote upcoming interactive sessions during this 6-week initiative.

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Resilient
Minds.