TOGETHER WE STAND: RESILIENCE FOR THE EDUCATOR AND THE STUDENT

Oshra Cohen, Ph.D. Director: Cognitive Behavioral Health Psychology droshracohen@gmail.com

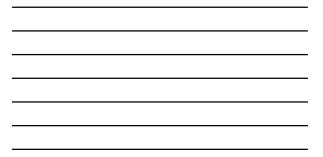
"AND ONCE THE STORM IS OVER, YOU WON'T REMEMBER HOW YOU MADE IT THROUGH, HOW _ YOU MANAGED TO SURVIVE. YOU WON'T EVEN BE SURE, WHETHER THE STORM IS REALLY OVER. BUT ONE THING IS CERTAIN. WHEN YOU COME OUT OF THE STORM, YOU WON'T BE THE SAME PERSON WHO WALKED IN. THAT'S WHAT THIS STORM'S ALL ABOUT."

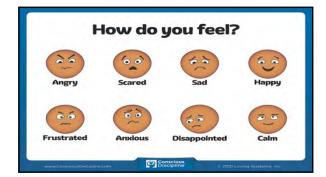
— HARUKI MURAKAMI



Put Your Mask on First



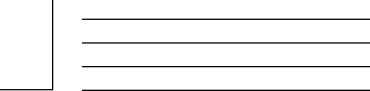


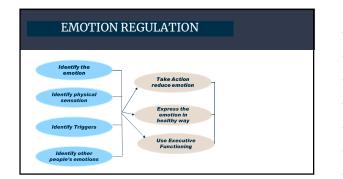


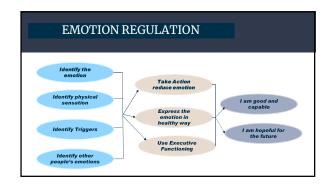


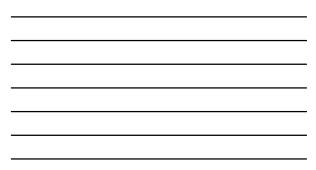


EMOTION I	REGULATION	
Identify the emotion		
Identify physical sensation		
Identify Triggers		
Identify other people's emotions		

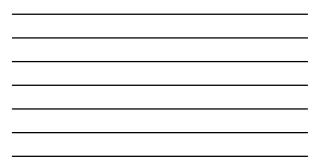


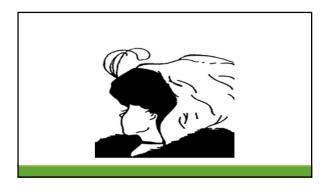
















Your Jewish mother is proud of you for wearing a mask but she is also disappointed because look how nice you would have looked every day if you became a surgeon.



