

## Today's New World, how are you coping?

Short Videos available on SMART

Limited time offering

## The topics range from

## "How to Calm Anxiety" to "How to Guide Your Team through Uncertainty".

Instructions: once you log onto SMART you will see a box on the right with a header "Navigating Through these Challenging Times." Click on the box, it will open and display the titles of the 36 short videos. These videos will be available for viewing through May 15<sup>th</sup>.



As a Department, as a County and as a Country we need to remember that we are all in this current crisis together. We are finding our way and navigating a lot of unknowns. Staff Development will continue to look for ways to support you and provide resources as they become available to us.