

## 'LEAF' THE STRESS BEHIND



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Fall is such a beautiful time of year with the changing leaves and sunny days. We hope you are doing well and we appreciate you subscribing to the newsletter. It fills us with great pride to be able to share these resources with you and watch our community grow.

This newsletter contains resources on the newly launched Psychological First Aid mini module for supporting Children, Youth, and Families (page 2). We also highlighted the We're Ready! Community Disaster Preparedness workshop (page 3) and resources for older adults (page 6). As usual, we have saved some pandemic specific resources for you over in the COVID corner (page 4). We have added a section on grief and loss on page 4.

During this feature, we wanted to shine a spotlight on burnout and self-care since many people are struggling to keep pace with the demands of pandemic life—especially anyone who responds to the public in an emotional, spiritual, or physical capacity. We've got you! You can find self-care tips and information on burnout on page 5.

We are wishing you a calm Autumn filled with journeys out to nature, comfort food, and quiet moments. Check out our optimistic October page for more ideas (page 7).

Stay well!  
The PON Team

