

Curb over thinking and worrying with these techniques

Michele Mariscal, Prevention Services Department

Staying mentally and emotionally agile these days is a challenge! After a recent episode of over thinking and over worrying about something that ended up not happening, I realized how much energy it took and anxiety it caused. A blog post I read by Scott Mautz had some good tips for mental and emotional agility and reminded me that we can all use these pointers from time to time:

- 1) Over thinking and problem solving are not the same thing.** If you're constantly ruminating and going over scenarios and possibilities, it can feel like problem solving but it's not. More than likely you're spinning in a circle and need to press fast forward.
- 2) Embrace informed ignorance.** You can't read the future, you can't read minds and you can't know everything. In my scenario, my energy-sapping over thinking was caused by my belief that I knew the trajectory that was about to happen. And I didn't. I was relieved when it didn't happen the way I was envisioning, but I was exhausted! I had completely left out the possibility that things would not be as bad. I've now learned that whenever I anticipate a trajectory, I should consider all outcomes, not just the negative ones.



3) Use the OAR principle to help with uncertainty. **O** is for *observe* uncertainty; don't overreact to it. **A** is for *acknowledge* the presence of uncertainty and accept that impermanence is inevitable. **R** is for *realize* that uncertainty brings benefits, like unleashing creativity and resilience.

- 4) Evaluate the true impact of being wrong.** Sometimes our own fear of appearing incompetent if we're wrong drives over thinking. Of course, there are times when some over thinking might be in line if issues of safety are at stake, but is this the same as over thinking the decision you made in a meeting yesterday?
- 5) A more helpful line of thinking, if you're going to keep over thinking, is to ask yourself what the realistic cost of being wrong is.** When you lower the stakes, you raise your ability to get mentally unstuck.

Another great tool that I've been teaching in my eight-week **Building Personal Resilience** course for leaders is this quick, in-the-moment technique from the Institute of HeartMath called "attitude breathing". You can access this information on the [SIA YouTube channel](#). As a chronic over thinker, this set of tools and techniques serves me well when I use them! If you'd like to be put on the mailing list for information about the next **Building Personal Resilience** class starting in the fall, please email me, Michele Mariscal, at mmariscal@sia-jpa.org.

Mood-boosting moves

There's no need to run marathons to beat the blues. Any physical activity can reduce stress hormones and boost chemicals that improve your mood and mental sharpness.

Just standing up and moving about can energize and prepare you to face your day.

Resource: personalbest.com





Multi-factor authentication: Why you need it

Joe Costamagna, SIA Risk Manager

SIA has been working closely with district members to help them protect against the growing problem of cyber attacks. Although SIA has provided cyber insurance coverage for several years, the costs and requirements for coverage have increased in the last year because of increased hacker activity. District IT staff has been completing coverage applications with detailed requirements, including district status on multi-factor authentication (MFA).

Hackers have developed countless techniques to steal passwords to gain unauthorized access to email accounts and confidential data systems. The FBI has determined that MFA could have prevented 90 percent of all those compromised systems.

What is MFA and why is it important?

- Rather than only asking for a username and password, MFA requires employees to use cell phones or other physical devices to verify their identities.
- This second form of verification prevents hackers from logging into secure systems even if they've stolen employee passwords via email scams (phishing).
- MFA is used by banks, healthcare providers, credit card companies and others to protect sensitive systems.

- As MFA is the only proven way to keep hackers who've stolen passwords from accessing data systems, it's become a requirement for agencies seeking to qualify for cyber insurance.

How does MFA work?

- When employees enter IDs and passwords to access email or other secure systems, they're prompted to verify their identities.
- Verification is completed using one of the following options:
 - o An authenticator "app" on a smart-phone
 - o A 6-digit code texted to the employee
 - o A USB security key or key fob device
 - o Use of biometrics such as fingerprint reader or facial recognition
- Once users verify their identities, access is provided.
- In most cases, systems can be configured to require verification every 60 days so employees don't have to verify their identities every time they log into their accounts.

The MFA technology provides the additional security that districts need to protect student and employee records. If a district is hacked, the work needed to recover will place tremendous stress on staff time and resources. We encourage you to work with your IT staff to keep your districts safe.

**Delta Dental hosts
free webinars**

Good oral health means more than just a bright smile

Learn how your dental health is far more than a great smile. Delta Dental is conducting a free webinar to help educate everyone on this significant topic.

Topics include:

- The mind-body connection between oral healthcare and total wellness
- Understanding tooth decay and gum health
- The science of dentistry and why oral health care matters
- Oral health care tips for the whole family

If you're uncertain about taking the time to attend, consider the following feedback from prior attendees:

- *"Worth using my lunch break to gain more knowledge!! Thank you, Delta Dental!!!!"*
- *"I went into this with low expectations...and, wow, this was so great! So much amazing information!"*
- *"I loved this webinar so much. Such great info! I told a coworker as I was watching it that she should participate!"*

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Use WeTip For more information

contact Teresa Franco at tfranco@sia-jpa.org or 916-364-1281, ext. 1256.



1-800-78-CRIME

Good oral health

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There are multiple options for attending; simply choose a date and time that works from the list below. Click the link to register in advance and don't forget to add the date to your calendar after you register.

[May 19 at noon](#)

[May 24 at noon](#)

[June 7 at 8 a.m.](#)

[June 22 at noon](#)

[August 11 at noon](#)

[August 17 at 9 a.m.](#)

Please share this information with your staff. This webinar will provide valuable information to help keep you and your family smiling.



Save those permission slips

It may be tempting to clear out your files as you prepare for the end of the school year, but don't throw away any permission slips and waivers you received during the school year. All permission and activity forms should be kept for at least one year following the conclusion of the current school year.

QUOTE TO NOTE

"Leadership is about empathy. It is about having the ability to relate to and connect with people for the purpose of inspiring and empowering their lives."

Oprah Winfrey

SIA manages self-funded dental and vision programs, including underwriting and rate development, and contracts with Delta Dental of California and Vision Service Plan (VSP), which administer member dental and vision claims. Districts currently participating in SIA's programs are listed below. For information on our program, contact Liz Arnold at earnold@sia-jpa.org.

Dental program participants: Arcohe Union SD, Center Joint USD, Delta Charter Schools, Elverta SD, Folsom-Cordova USD, Galt Joint Union Elementary SD, Galt Joint Union High SD, Natomas USD, Natomas Charter Schools, New Hope Charter, River Delta USD, Robla SD, Sacramento County Office of Education, SELF, Twin Rivers Unified SD, Visions In Education

Vision program participants: Arcohe Union SD, Center Joint USD, Delta Charter Schools, Elverta SD, Gold Trail SD, Natomas USD, Natomas Charter Schools, New Hope Charter, North Bay Schools Insurance Group, River Delta USD, Robla SD, Sacramento County Office of Education, SELF, Twin Rivers Unified SD, Visions In Education

Upcoming virtual trainings

SIA provides member district staff with virtual trainings on a variety of topics that apply to both personal and professional life. To learn more about any of the training courses listed below, contact tfranco@sia-jpa.org. You can also join our [email list](#) to learn of future events.

06/13 - [Longevity \(MHN\)- 5:30 p.m.](#)

06/14 - [Destigmatizing Mental Health \(MHN\)- noon](#)

06/15 - [Compliance & Prevention Forum - 9 a.m.](#)

06/17 - [Lifestyle Issues for Retirement Planning \(MHN\) - 5:30 p.m.](#)

To register for any of the CSRM courses noted below, please contact tfranco@sia-jpa.org.

07/27 - CSRM: Measuring School Risks – 7:30 a.m.

09/28 - CSRM: Funding School Risks – 7:30 a.m.

11/16 - CSRM: Administering School Risks – 7:30 a.m.

The material in this newsletter should be part of your Injury and Illness Prevention Plan (IIPP).

Keep a copy of this newsletter in your IIPP binder.