

Coping with our Current State of Affairs
**Discussions about Mental Health in the time of
Coronavirus, Racism and our Political Atmosphere**

Panelists Information and
Suggested Media

Cara Racey Fenster PSYD

carafenster@gmail.com

248.259.1780

Dr. Fenster is a Licensed Clinical Psychologist who works with children, adolescents and adults to help build a sense of empowerment and provide a set of skills that can be used to cope with current stressors. Dr. Fenster takes a holistic approach in working with all the aspects of one's life that may be contributing to their circumstances including emotional, physiological and environmental. Through psycho-education, increasing awareness, and developing further insight within the individual, Dr. Fenster aims to provide a set of skills to help individuals navigate life's current and future challenges.

The Body Keeps Score, by Bessel Van der Kolk, MD

The Transformation: Discovering Wholeness and Healing After Trauma, by James Gordon M.D.

So You Want to Talk About Race, by Ijeoma Oluo

<https://watsoncoleman.house.gov/suicidetaskforce/>

<http://blackcommunityresource.com>

Vanessa Farris - Harris

“Vanessa Farris - Harris is a highly sought after mentor, coach and encourager with over 30 years of counseling and leadership experience.

She has a heart for people and community and desires to empower youth, families and anyone interested in achieving personal and professional development.

Vanessa has been blessed with knowing how to use her spiritual gifts, skills and talents in creating supportive and nurturing environments which promote an exciting learning experience.”

CONTACT PHONE: 248.866.3949
FACEBOOK: www.facebook.com/vanessa.farris.39
LINKEDIN: Brava Services, LLC
INSTAGRAM: Vanessa Harris vf1102
EMAIL: vf1102@sbcglobal.net

Feelings Buried Alive Never Die

https://books.google.com/books/about/Feelings_Buried_Alive_Never_Die.html?id=PrTHAgAAQBAJ

Prepress Staff

Olympus Publishing, Feb 1, 2014 - [Body, Mind & Spirit](#) - 299 pages

[8 Reviews](#)

Karol Truman provides a comprehensive and enlightening resource for getting in touch with unresolved feelings which, she explains, can distort not only happiness but also health and well-being. Leaving no emotion unnamed, and in fact listing around 750 labels for feelings, Truman helps identify problem areas, and offers a "script" to help process the feelings, replacing the negative feeling with a new, positive outlook. A chapter on the possible emotions below the surface in various physical ailments gives the reader plenty to work with on a deep healing level. FEELINGS BURIED ALIVE NEVER DIE combines a supportive, common-sense, results-oriented approach to a problem that is widespread and that can stop people from living fully.

The Third Option: Hope for a Racially Divided Nation

Paperback – February 25, 2020

<https://www.amazon.com/Third-Option-Racially-Divided-Nation/dp/1501172204/>

Teri Racey PA, MA

Teri is a health consultant, author, motivational speaker, Mindfulness teacher, Reiki Master and Physician Assistant. Teri incorporates integrative therapies into her practice to enhance the health and healing of her patients. In addition to treatment sessions and meditation classes, Teri has written several books and created four guided meditations.

Her new book, *Loving Mindfully: Six Steps to Calming Your Inner Critic*, (Fall 2020), shares how mindfulness practice, self compassion, and Mindfulness Writing and Sketching can help us calm our inner critic, create an inner language of love, and build the world we desire. The companion guided meditation, *Loving Mindfully*, helps us release stress, and cultivate an honoring relationship between our mind and body.

For more information :

Phone: 248-763-6921

teriracey@gmail.com

Newmindnewbody.org

ILLUMINED HEART

newmindnewbody.org

teriracey@gmail.com

Teri's Books

(Available on Amazon)

https://www.amazon.com/s?k=teri+b+racey&ref=nb_sb_noss

Master of the Storm: Life's Challenges Can Transform Your World.
by [Teri Racey](#) (Author)

Paperback

Publisher: iUniverse (21 Nov. 2007)

Master of the Storm Journal: Mindful Writing and Sketching for Self Mastery
by [Teri Racey](#) (Author)

Paperback: 126 pages

Publisher: iUniverse (December 21, 2007)

Master Your Storms, Master Your Life, Mindful Journaling For Wisdom and Wellbeing.

by [Teri Racey](#) (Author)

Publisher: iUniverse (August 31, 2012)

Publication Date: August 31, 2012

Teri's Guided Meditations

(available upon request through teriracey@gmail.com)

New Mind New Body

MP3, a guided meditation body scan for relaxation and cleansing.

Loving Mindfully,
Body Scan MP3, a guided meditation to release stress and pain.

Heart of Meditation, a guided meditation to release emotional pain and heal relationships.
(released fall 2020)

Helpful Websites

Thick Nhat Hahn
plumvillage.org
Mindfulness

Jon Kabot-Zinn
mrsmindfulness.com
Mindfulness

Dr. Kristin Neff
self-compassion.org
Mindful
Self Compassion

Chris Germer
chrisgermer.com
Mindful Self Compassion

Sharon Salzberg
sharonsalzberg.com
Mindfulness

Pema Chodren

shambhala.org

Mindfulness

Paul Ferrini

lightforthesoul.com

Love and Compassion

Jon Kabot-Zinn

habitsforwellbeing.com/nine-mindfulness-tips-from-jon-kabat-zinn/

Saki Santorelli

omega.org

Mindfulness

Teri B. Racey,

newmindnewbody.org

Mindfulness for stress reduction and mind/body health

Lynn Halper Rosen, Ph.D.

Article: Loss and Grief

<https://www.mskcc.org/news/coping-grief-7-things-remember-when-dealing-loss>

Educational ideas post Co-vid

<https://www.ednc.org/perspective-during-covid-19-teachers-can-support-students-using-maslows-hierarchy-of-needs/>

Spiritual

<https://www.brainpickings.org/2017/07/17/when-things-fall-apart-pema-chodron/>