

Mental Wellness Made Simple- Everyday Strategies for All **Felicia Nevarez, Med**

Session Description:

Mental Wellness Made Simple: Everyday Strategies for All highlights practical, person-centered approaches to support mental wellness for all types of caregivers and the individuals they serve. Participants will learn simple, inclusive strategies for everyday work and life while exploring basic self-care techniques to reduce stress, prevent burnout, and address compassion fatigue.

Learning Objectives:

1. Recognize the importance of everyday mental wellness for you and for the individuals you support.
2. Learn about person-centered approaches that promote mental wellness in a respectful and inclusive way.
3. Practice basic self-care techniques to help prevent burnout and compassion fatigue.
4. Review simple, practical mental wellness strategies that can be used in daily life and work settings.

Felicia Nevarez, MEd, is the Therapeutic Coaching Team Lead with NMSTART in the Autism programs at the Center for Development and Disability within the University of New Mexico. She earned her Master's in Curriculum and Instruction: Autism Spectrum Disorders from Arizona State University in 2015, and a graduate certificate in Applied Behavior Analysis in 2019 from UNM. Prior to joining NM START at the CDD, Felicia was an Educational Consultant who provided technical assistance to education teams across NM. In addition, Felicia has supported individuals with communication and behavioral needs during treatment in inpatient medical settings. Lastly, Felicia enjoys volunteering her time as a coach for Special Olympics in southern New Mexico.