



Mental Health, Stress, and Resilience

Member & Supervisor Webinars

These webpages provide links to previously recorded video of supervisor and member webinars. There are multiple topics. In addition, you will have access to a PDF version of the webinar and other supporting material.

<https://www.vistacampus.gov/webinars>

Suggested Member Webinars

[Avoiding Burnout During Service](#)

This presentation will assist you in identifying your risk for burnout by helping you recognize your ongoing, common stressors (particularly those related to your VISTA role) and your ability to cope with them.

[Managing Up: Navigating the VISTA Supervisor Relationship](#)

Having a successful VISTA service year is all about creating a shared understanding between VISTAs and their supervisors about roles, expectations, and outcomes. This webinar provides practical tips and advice for managing and communicating up with your supervisor.

[Mental Health, Stress, and Resilience](#)

This session provides a better understanding of what mental health is and how it impacts being in service. It explores what members and supervisors can do throughout the VISTA life cycle to support and enhance overall well-being so that the challenges associated with service do not negatively impact the ability to serve or worsen pre-existing emotional or mental health issues.

Suggested Supervisor Webinars

[Helping Your VISTA Members Thrive](#)

In this session, supervisors explore common challenges VISTA members experience throughout their term of service, learn about developmental models that help anticipate member needs, and identify key strategies for supporting and motivating VISTA members. This session includes firsthand accounts from members who have thrived during service, as well as stories of supervisors who inspired them.

[Combatting the Three-Month Slump](#)

This webinar explores topics that will help supervisors facilitate important slump recovery, including: slump signs and signals, risk and resiliency factors, self-care and coaching conversations that matter. Gain important insight from experienced VISTA supervisors and members on how to go from slump to success!

[Mental Health, Stress, and Resilience](#)

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VISTA Tools

[VISTA Leader Stress Guide](#)

This guide was put together by VISTA leaders to help deal with the stress of being a VISTA leader. The goals of this guide are: assess the degree of stress you are experiencing at any given time during your year, identify specifically the stressors in your life, analyze the negative and positive coping mechanisms you possess, and learn how to better manage and cope with your internal and external stressors.

[The National Service Stress Survival Guide](#)

Whether it's mid-year or the beginning of a new term, members and staff alike may seem tense or sluggish. Reduced creativity, a sense of apprehension, and an increase in illness may result from something experienced every day — stress. The National Service Stress Survival Guide, a curriculum for stress management, has been designed to alleviate these challenges. This training tool is can be easily adapted to meet the needs of your program participants.

Information About VISTA Benefits

- [Information about AmeriCorps VISTA health benefits](#)
- [Information on accessing telehealth benefits](#)

Other VISTA Resources

- [VISTA Campus forum mental health discussion](#)
- [Resources to support opioid programming](#)

National Resources¹

- [Healthcare.gov - Coverage for mental health and substance abuse](#)
- National Alliance on Mental Illness (NAMI) helpline 1-800-950-NAMI (6264) or info@nami.org
- [National Institute of Health](#)
- [Mental Health Foundation](#)
- [National Sexual Violence Resource Center](#)
- [National Resource Center on Domestic Violence](#)

- [Joyful Heart Foundation](#)
- [SAMHSA's behavioral health treatment locator](#)
- [Professional Quality of Life Self-Test](#)
- [Positive Psychology Program Mindfulness Exercises](#)
- [Suicide Prevention LifeLine](#)
1-800-273- 8255 (TALK)
- [Veterans Crisis Line](#)
1-800-273-8255 Press 1
- [Warmlines](#)
- [Local grief and loss support groups](#)

Free mindfulness and meditation apps for your smartphone¹:

- Calm
- Headspace
- The Mindfulness App
- Mindbody
- Insight Timer
- Smiling Mind

¹ CNCS does not endorse the organizations sponsoring linked websites, and does not endorse the views expressed or services offered therein.