MINDFULNESS ACTIVITY: TRY THE “DON’T KNOW MIND” TECHNIQUE

• The “Don’t Know Mind” technique works like this:

1. When you notice yourself predicting the future, or obsessing over certain outcomes, or worrying about what’s going to happen, give yourself some time to do this practice.

2. Observe what your mind is doing for a few moments, then in your mind, start to say the words “I don’t know what will happen and that’s okay”.

3. You might like to repeat these words a few times and let yourself explore what it’s like to embrace uncertainty; to let go of the need to achieve certain outcomes and to trust in yourself that no matter what happens, it will be ok.

Tanya Albornoz

Tanya recently joined the Utah State Board of Education as a Prevention Specialist for at-risk students after 20 years of working in child welfare. Early in her career she worked as both a caseworker and a child welfare ombudsman. For the last 11 years, she held the position as the Foster Care Program Administrator for the Division of Child and Family Services, which included responsibilities such as training caseworkers and stakeholders; writing law and policy; overseeing contracts with partners; and researching and implementing best practice to improve Utah's child welfare system. During her time as Foster Care Program Administrator, Ms. Albornoz passionately worked to improve educational outcomes for children in foster care and dedicated much of her energy to educating the foster care community and partners about the effects of trauma and how to counteract trauma by increasing protective factors. She was also one of the designer's and implementors of the UFACET assessment within the child welfare system and won a national award for the UFACET's innovative design. Tanya also recently finished her master’s degree in Social Work at the University of Utah and is the mother of three beautiful daughters.
Barbara Leavitt has worked within the United Way of Utah County for the last 11 years overseeing several programs, including a home visitation program manned with volunteers, the Help Me Grow system statewide in Utah, the statewide implementation of Strengthening Families Framework: Five Protective Factors and working within the early childhood area to build regional and state systems that support parents. She has worked with a targeted community to implement a partnership that focuses on outcomes of young children and their families. She continues to oversee several programs within the United Way of Utah County as VP of Community Impact. Her oversight includes leadership training and mentoring, grant acquisition, policy development and collaborative partnerships across programming.

She has trained nationally with the Strengthening Families Framework Training Team through the National Alliance of Children’s Trust and Prevention Funds and supported the national HMG Team in advising states that are in the process of implementing a Help Me Grow. She developed a parent engagement tool that has been disseminated across the Help Me Grow national affiliates.

Her unique skill sets of a business owner, community volunteer and organizer and public administrator have proven to be instrumental in building collaborative teams to meet the needs of communities, families and children.
Create a Google Account

Step 1: Choose a Google Account type

- **For myself**
  - When you create a Google Account, we ask for some personal info. By providing accurate info, you can help keep your account secure and make our services more useful.
  - Go to the [Google account Sign In page](https://accounts.google.com/signin).  
    1. Click Create account.
    2. Enter your name.
    3. In the "Username" field, enter a username.
    4. Enter and confirm your password.
    5. Click Next.
    6. Optional: Add and verify a phone number for your account.
    7. Click Next.
    8. **Use an existing email address**

- **Tip**: You don’t need a Gmail account to create a Google Account. [You can use your non-Gmail email address to create one instead](https://support.google.com/accounts/answer/27441?hl=en).
  1. Go to the [Google Account Sign In page](https://accounts.google.com/signin).
  2. Click Create account.
  3. Enter your name.
  4. Click Use my current email address instead.
  5. Enter your current email address.
  6. Click Next.
  7. Verify your email address with the code sent to your existing email.
  8. Click Verify.

Resource: [https://support.google.com/accounts/answer/27441?hl=en](https://support.google.com/accounts/answer/27441?hl=en)
Post Training Survey

https://forms.gle/8hdaznY3mNfd6hUx8