

HOW TO SOCIALLY DISTANCE AND STAY SANE

Social Distancing Saves Lives by Slowing the Spread of Infection Over Time - But Can Be Mentally Taxing

*You can make a difference.
You can improve a life.
It can be as simple as
starting a virtual conversation.*



How does social distancing help, what exactly does it entail, and how do you practice it without sacrificing your physical and mental health?

Frank King, *The Mental Health Comedian* and *Suicide Prevention Speaker*, works with teams to develop effective social isolation strategies for their teams. Participants learn how to recognize warning signs associated with isolation and understand how to start a conversation on reducing physical distance while staying connected. By participating in this course, you have the opportunity to make a difference in the lives of both team members and their families.

As a former writer for *The Tonight Show*, Frank knows how to infuse humor into his content and uses personal experience to highlight the importance of suicide prevention. Frank illustrates how suicide prevention practices reduce harm as well as facilitate a healthier, more productive, and more profitable office. Participants will gain a holistic understanding of mental health challenges in the workplace and learn how to reduce workplace stress, improve industry culture, and promote both worker and crew well-being.

LEARNING OBJECTIVES

- How to aim for physical rather than social distancing
- How social isolation impacts physical health
- Learn creative ways to build social time for yourself and those you care about
- The do's and don'ts of social distancing
- How to decide whether you should cancel your dates, parties, and gym sessions
- Highlight the management and treatment modalities for team members at risk, including best practices for connecting the team member with virtual mental health services
- Gain the knowledge and skills to successfully self quarantine
- Comprehend the relationship between isolation stress and isolation, and learn valuable techniques to stress less at home

Suggested Formats: Partial Day; Lecture, Workshop, Keynote

Suggested Audience: Associations, Corporation, HR

ALL KEYNOTES
NOW AVAILABLE
AS VIRTUAL
PRESENTATIONS

FRANK KING





FRANK KING

Speaker, Writer, Stigma Fighter

Are you able to recognize the signs and symptoms of depression and thoughts of suicide in your team members? Gain the skills and understanding necessary to save a life.

Depression and suicide run in Frank King's family. He has thought about killing himself more times than he can count. He's fought a lifetime battle with depression and thoughts of ending his life. Frank has turned that long dark journey of the soul into inspirational and motivational educational courses for construction industry professionals. His courses share lifesaving insights into mental and emotional health.

Frank King is a suicide prevention and postvention speaker, author and corporate comedian. He was a writer for *The Tonight Show* for 20 years and has been featured on CNN's *Business Unusual*. Frank is co-author of a book on men's mental fitness, *Guts, Grit, and the Grind*. He co-hosts a podcast, *The Suicide Prevention Punchline*. He has presented five TEDx talks.

By coming out, as it were, and standing in his truth and doing it with humor, Frank starts a conversation giving people with mental and emotional illness permission to give voice to their feelings and experiences surrounding depression and suicide. He creates a common pool of knowledge in which those who suffer, and those who care about them, can swim. Frank believes that where there is humor there is hope, where there is laughter there is life, and nobody dies laughing.

PRESENTATIONS (Partial List)

- AFLAC
- ALCOA
- Allstate
- American Association of Therapeutic Humor
- American Veterinary Medical Association
- Charlotte Hungerford Hospital
- Cigna Columbia River Mental Health Foundation
- Duke University
- Durham Bulls
- Ford
- Holland America
- ING
- Iowa Department of Public Health
- Lackland Air Force Base
- Marriott
- Medis
- Microsoft
- MPI Tampa
- NAMI Ohio
- NAMI Orange County (California)
- NAMI Oregon
- North Carolina State University
- Oregon Funeral Directors Association
- Peace Health
- Qualidigm
- Sacred Heart Hospital Riverbend
- Sam's Club
- Seattle Study Club
- Selected Independent Funeral Homes
- Sodexo
- Taco Bell
- The Federal Reserve
- UNC Chapel Hill
- University of Montana Billings
- Washington State Veterinary Medical Association

RAVE REVIEWS:

*"Frank King speaks with humility and humor, connecting head and heart around one of the most important topics of our time: suicide prevention. A true leader of thought, Frank speaks from personal experience and deep understanding. I encourage my dental event planning colleagues to bring Frank King to inspire and educate your attendees. **This topic is rapidly moving from recommended to required CE for healthcare licensure.** You have the opportunity to work with one of the BEST educators on this topic in dentistry with Frank King."*

"It was really a great pleasure to have you speak at our Cardiovascular Symposium. We can all get a bit serious and tunnel-visioned in terms of our professions and you gave us a very nice perspective from the view of the patient. Your performance really lightened the atmosphere of the conference; there were several cardiologist at my table that were bent over double laughing!"

—Vanessa Emerson, Founder; Dental Speaker Institute

—Dr. Sudeshna Banerjee