

*Interim Board Speaker
Linda Tyree*

*Will be leading you in a communication workshop
about building a Non-Anxious Life.*



No one needs to be told that our lives are filled with more anxiety than ever before. We know it. Our bodies can feel it. The questions we really need to answer are "Why?" and "Is there anything we can do about it?"

Linda Tyree will be leading us in a Communication Workshop using the book "Building a Non-Anxious Life" by Dr. John Delony. Linda is the Crisis Response Director at Green River Regional Education Cooperative and was provided the opportunity to testify at the both the state and federal level in support of increased mental health support for students following the Marshall County, Kentucky school shooting.

In the book, which will be provided to attendees, Linda will lead us through Dr. Delony's decision to get to the root of the issue by mapping out a plan to understand where our anxiety is coming from and the actions we can take to change it. There are six daily choices people have to make to create a non-anxious life. In this no-nonsense, straightforward approach to mental health, Linda will break down exactly what each choice means and how to start making it on a daily basis.

Now, here's the truth: Those choices aren't easy, and anxiety isn't going to magically disappear. But if you commit to building a non-anxious life, you'll be able to better respond to whatever life throws at you. You'll grow from hard challenges. You'll learn to find peace during chaos.

And you will learn to be well.

Linda served as the 2018-19 President of the Kentucky School Counselor Association. Her educational background includes a Bachelor's degree in Middle Grades Education, as well as a Masters and Rank 1 in School Counseling from Western Kentucky University. Linda is affiliated with several organizations, including the Kentucky Center for School Safety, and the Kentucky Association of School Administrators. Additionally, Linda has contributed to the Kentucky School Leader magazine, Fall 2019 edition, where she wrote, "The School Counselor's Role in the School Safety and Resiliency Act." What Linda enjoys most about her work is supporting districts throughout Kentucky in the area of school safety prevention and providing response support in times of crisis.