

2022-2023 Webinar Series



OHIO PROGRAM *for*
**CAMPUS SAFETY
& MENTAL HEALTH**
A NEOMED CCoE

April 20th, 2023
12:00 – 1:00 pm ET

After registering, you will receive a confirmation email containing information about joining the webinar. Application for CE credits is pending. This webinar will be recorded, and an archive will be sent out to all registrants and uploaded for public access.

Revitalizing Our Exhausted Brains: A Mental Bandwidth Perspective

Tina Bhargava, DrPH, Associate Professor at Kent State University

In the aftermath of the uncertainty and strain of the COVID-19 pandemic, the vast majority of us are functioning with greatly depleted mental bandwidth—a resource critical to effectiveness, creativity, and nuanced decision-making. In this presentation, Dr. Tina Bhargava will discuss how this cognitive scarcity can lead to feelings of disengagement and demoralization, as well as poorer outcomes, both personally and professionally. Dr. Bhargava will explain mental bandwidth and then share some simple principles and practices that can protect mental bandwidth in order to increase opportunities for innovation, success, and revitalization.

Webinar Objectives

- Describe mental bandwidth, what impacts its availability, and how it can shape human behavior/choices
- Describe how mental bandwidth impacts productivity, satisfaction, and other important outcomes
- Describe strategies to protect mental bandwidth and increase desired outcomes

