

Mental Health and Wellbeing DURING THE COVID PANDEMIC



2020 has been a year like no other, With the COVID pandemic, civil unrest, financial stress and general uncertainty it no surprise that elevated stress levels have afflicted many.

For many people, becoming unemployed, quarantined, or just isolated from family, friends and coworkers has made this a very difficult year.

And now as we begin to go back to school, back to work and a Presidential election is upon us, the anxiety is in full gear.

All of this stress and anxiety has had a pronounced effect on our wellbeing and mental health.

In this presentation, you will learn creative and easy-to-implement solutions that will help you manage your stress, regardless of the cause.

By joining this no-cost presentation you will learn how to:

- Recognize and manage stress in yourself and in others
- Lend support to family members, friends and coworkers
- Achieve emotional resiliency during difficult times
- Rewire your brain and how it reacts to stressful situations
- Understand why diet, exercise and rest are critical to good mental hygiene

This must-attend presentation will be one of the best investments of time you could make. Your self-care is critical!

To schedule this grant sponsored, no-cost presentation for your organization call (863) 676-4100 or email our Outreach Training Director: bryan@sustainablewp.org