

# Mental Health, Stress & Emotional Well-Being

Burnout Prevention,  
Psychological Health, Resilience

## *Don't Worry. Be Happy*

*Understand the Science of Happiness*

Happiness is part nature and part nurture. As researchers in the field of positive psychology continue to delve into the science of happiness, we are increasingly learning about how to cultivate it. Join us to explore and apply these discoveries and insights for living an engaging, meaningful and happy life while supporting others in achieving the same.

## *Got Stress?*

*Understand The Impact of Chronic Distress & How to Take Small Steps Toward Stress Mastery*

Over 90% of illness is directly or indirectly related to feeling overly stressed – or more specifically, distressed. This session explores how chronic stress negatively impacts the body and mind. Additionally, solutions for working toward stress mastery will be introduced, leaving you with actionable next steps for reducing and mastering stress while improving resiliency.

## *Managing Workplace Stress*

*Explore Distinct Types of Stress In and Out of the Workplace*

This session teaches the difference between productive stress, chronic stress and traumatic stress (which can negatively impact multiple areas of functioning), its impact on employee health and productivity and care techniques to promote well-being and satisfaction. Additionally, we'll explore the long-term impact following a traumatic event. Look forward to reviewing evidence-based practices including trauma-informed care, solution-focused approaches and attachment theory.

This session also serves to provide a safe space to discuss this topic, share experiences and identify individual coping strategies that work best.

## *Mental Health at Work*

*10 Ways to Support Mental Health in the Workplace*

Mental health spans many areas of functioning – at home, in the social domain and at work. Meaning, to maintain optimal health, we must increase awareness of the numerous factors impacting mental well-being not only at home, but also in the workplace. More specifically, the workday and workplace demand development of interpersonal skills alongside healthy ways to manage stress and alleviate anxiety. Supporting mental health at work will ultimately boost productivity, innovation and creativity, while strengthening well-being, a sense of belonging and interconnectedness.

This session explores key methods, interventions and tools to take care of mental health in a comprehensive, mindful manner. We hope to see you there!

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## *Mental Health Matters*

*Support Yourself & Others by Recognizing Common Mental Health Concerns*

Anxiety, depression and trauma are more common than you realize – and it's important that we continue to normalize the conversation around mental and emotional health at work, at home and all the spaces in between. Look forward to a safe, supportive conversation around mental health, how to recognize when you or someone may need care and how to access resources.

## *Seasonal Affective Disorder & Self-Care*

*10 Ways to Support Yourself This Winter & Beyond*

Leaning into self-care is known to be incredibly powerful for cultivating resiliency and supporting physical, mental and emotional health. Join us to discover a variety of practices and activities that are supportive in the winter months, as this time affects others more deeply. This session is designed to spark and inspire increased self-care and allows time for group discussion and sharing!

## *Simply Sleep*

*Uncover the Magical Power of Sleep & Supportive Sleep Hygiene*

Studies show that nearly 40% of adults fall asleep throughout the day unintentionally. With busy lives, schedules, children and work, are you getting the right amount of rest to operate at your best? Falling asleep, staying asleep and general sleep deprivation are common issues among adults and shouldn't be ignored. Just one week of sleep deprivation may alter your response to stress, immunity, inflammation and overall health. In this session, you will learn the signs and symptoms of inadequate sleep.

Our dream for you is to find a solution that is effective and sustainable for long-term health and well-being.

## *Strategies to Alleviate Anxiety*

*Harness the Power of the 3Rs (Routine, Relationships & Regulation)*

Anxiety is an intense, excessive and persistent worry (and fear) about everyday situations. Like stress, it can increase motivation and boost productivity in small amounts. Unlike stress, it is often caused by internal events (such as overthinking) and is accompanied by physical symptoms such as rapid heart rate, breathing, sweating and fatigue. Despite anxiety having internal origins, there are simple strategies we can use to help mitigate its impact and cultivate contentment, focus and ease. This session highlights how the 3Rs can provide consistent support, while allowing for personalized practice to promote overall well-being.

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## *Suicide Awareness & Prevention*

*Together We Can Save a Life*

Suicide awareness is the foundation on which prevention is built. Awareness centers on increasing understanding of suicide and the considerations involved, such as risk factors, warning signs and protective factors. Suicide prevention goes beyond awareness by promoting research-based action. The fact is that learning about suicide is not enough. We need to act. The topic of suicide is difficult and can lead to discomfort and, possibly, fear. However, we all play an essential part to intervene and prevent suicide, and this presentation is a roadmap to guide you through that process. Please take care of yourself during the conversation, and if you have any questions or concerns, never hesitate to reach out before or after the presentation.

*Note:* If you or someone you know is thinking about suicide, please call or text 988 to connect to the National Suicide and Crisis Lifeline. For imminent threats of suicidal behavior, always contact 911.

## *Teen Mental Health & Safety: Better Together*

*A Multi-Faceted Approach to Support Teenagers in a Digital World*

According to the American Psychological Association, “social media can help teenagers with healthy development, but it can also create risks...[therefore] it is critically important to focus on how teens use social media and the type of content they see.” Additionally basic internet safety is essential for helping young adults understand their digital footprint and its impact on their mental health, identify unsafe situations and determine how and when to ask for help. Join us to learn empowering insights for helping your family navigate the risks and responsibility associated with the many options and opportunities online.

## *The Neuroscience of Stress*

*Understand Stress & the Brain*

Stress is the mental and physical response to situations or events perceived as threats or challenges. When a person perceives a situation as stressful, adrenaline is released to prepare the body for a fight, flight, freeze, or fawn response. Evolutionarily, this activation was intended to support survival, to keep us safe in the wild. In present times, we do not face the same threats and overactivation of the stress response results in both physical and mental distress. Fortunately, there are easily-accessed skills, strategies and tools to help bring the body back to baseline when the stress response is activated. As this session examines stress through the lens of neuroscience, the learning objectives focus on the key features of the central nervous system, the integration of the brain and body and the skills and techniques for shifting responses from stress to relaxation.

In summary, look forward to cultivating a deeper understanding of distress, while utilizing a brain-based perspective and interventions to better manage stress on a day-to-day basis.



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## *Under Pressure*

*Utilize Stress as a Catalyst for Positive Change*

Perhaps you have heard this before, “if it doesn’t challenge you, it doesn’t change you.” This session explores the physiology and biology of stress, the mind/body connection and the possibility that some stress can produce positive adaptations while building capacity and fostering personal and professional growth.

## *Understanding Stress*

*10 Tips to Recognize & Rethink Stress*

Stress is the mental and physical response to situations or events perceived as threats or challenges. When a person perceives a situation as stressful, adrenaline is released to prepare the body for a fight, flight, freeze or fawn response. Evolutionarily, this activation was intended to support survival, to keep us safe in the wild. In present times, we do not face the same threats and overactivation of the stress response results in both physical and mental distress. Fortunately, we can shift our perspective, experience of stress and enjoy some positive changes as a result.

This session explores the many ways we can work to understand and influence our experience of stress. Key learning objectives include understanding the function and types of stress to distinguish between stress that is healthy, normal and productive and stress that isn’t, recognizing what you can control and influence to shift your response to stress and exploring ways to take care of yourself when experiencing high levels of stress.