Join USG in Partnership with Kaiser Permanente for a Well-being at Work Series to give yourself a healthy boost

Managing Stress and Building Resilience

Managing Stress
Date: September 1, 2021
Time: 12 – 1 pm

Identify sources of stress, its effects on the mind and body, and how constantly activating “fight or flight” response can lead to burnout and health problems.

Emotional Well-Being
Date: September 8, 2021
Time: 12 – 1 pm

Learn to tune in to emotions and identify self-care practices for managing mood and stress in a positive way.

Building Resiliency
Date: September 15, 2021
Time: 12 – 1 pm

Identify how stress affects both the body and the mind and explore what resiliency means.

Cultivating Mindfulness
Date: September 22, 2021
Time: 12 – 1 pm

Explore the definition of mindfulness, benefits of being in the moment and how to build awareness. You are invited to bring a small food item (nut, fruit, piece of chocolate, etc.) to participate in a mindful eating activity.

Join via computer or mobile device at:

https://event.on24.com/wcc/r/3345178/532A0BD20C9268FF8A9ECF878BA99E7C/2769258

Registration is now available and will remain open through the end of the events.

For support, click here.

At No Cost to Employees | For questions, contact: usgwellbeing@usg.edu


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