

# Managing Stress and Building Resilience

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



## 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.

**Earn \$20 well-being credits**

Participate in *all 4* webinars in this series.

Registration Required

**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](mailto:usgwellbeing@usg.edu)**

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 320 Westlake Ave. N, Suite 100, Seattle, WA 98109