



MINDFUL APPROACH TO STRESS MANAGEMENT: FEBRUARY

Stress Management Webinar Series: Building Resilience Through Self-Care



In today's fast-paced world, managing stress is essential to maintaining overall well-being. This four-part webinar series offers practical tools and insights to help you better understand and cope with stress in everyday life.

**TUESDAY
FEBRUARY 3
FROM
2:00 - 3:00PM**

Session 1 - Self-Care in Times of Stress - Managing stress begins with self-care and is part of the answer to how we can better cope with our daily stressors. [Click here](#) to register.

**TUESDAY
FEBRUARY 10
FROM
2:00 - 3:00PM**

Session 2 - Mindfulness-Based Stress Reduction: One way to cope with stress is through mindfulness-based stress reduction. It teaches how to use mindfulness in daily life and is a proven way to help deal with the stressors of daily life. [Click here](#) to register.

**TUESDAY
FEBRUARY 17
FROM
2:00 - 3:00PM**

Session 3 - How to Manage Day-to-Day Stress: Effective stress management helps you break the hold stress has on your life, so you can be happier, healthier, and more productive. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun—and the resilience to hold up under pressure and meet challenges head on. [Click here](#) to register.

**TUESDAY
FEBRUARY 24
FROM
2:00 - 3:00PM**

Session 4 - How Stress Impacts your Body: Stress can affect your body so it is important to pay attention to how you deal with minor and major stressors to keep yourself healthy. [Click here](#) to register.