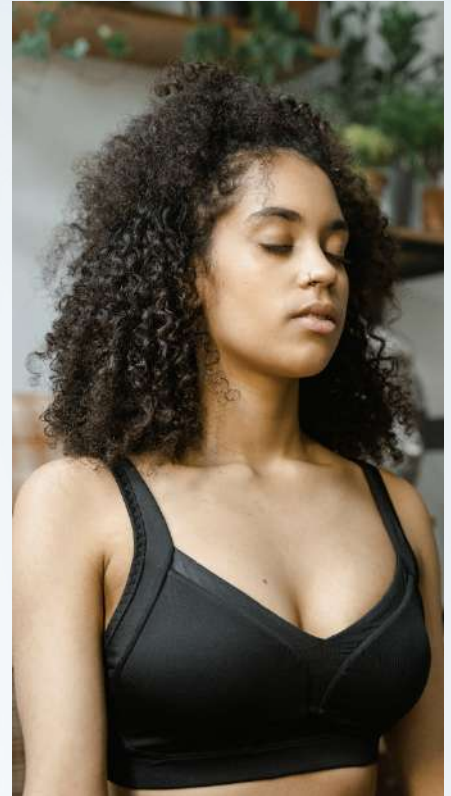
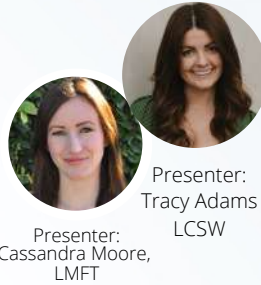


Mental Health Mondays

Mondays in November
12:00-12:25pm

(11/4, 11/11, 11/18, 11/25)

[CLICK TO ADD TO CALENDAR](#)



MONDAY, NOVEMBER 4TH, 12:00-12:25PM

ANXIETY: HOW TO MAKE IT WORK FOR YOU

In this expert-led seminar, learn how to work with your anxious feelings while managing and reducing the negative side effects. Walk away with strategies to monitor your emotional state and make sense of your anxious feelings.

MONDAY, NOVEMBER 11TH, 12:00-12:25PM

MENTAL HEALTH BENEFITS OF GRATITUDE

Gratitude has the power to build resilience, strengthen relationships, reduce stress and combat depression. Discover science-backed strategies to increase your focus on the goodness in the world to improve your overall well-being.

MONDAY, NOVEMBER 18TH, 12:00-12:25PM

DEALING WITH UNCERTAINTY

In this expert led seminar, learn why uncertainty feels uncomfortable, and walk away with tools to help you find stability in even the most rapidly shifting circumstances.

MONDAY, NOVEMBER 25TH, 12:00-12:25PM

BUILDING RESILIENCE

Resilience is the ability to thrive in the face of adversity. In this expert led seminar, learn how to harness your strengths and build personal resilience to improve your wellbeing.

