**EAP Response to Stress of COVID-19:**

**“Managing Stress in Difficult Times” Webinars**

**Description:**

According to Doreen Marshal, a Psychologist who partners with the National Counsel for Behavioral Health delivering Mental Health First Aid Programs and an expert on suicide prevention and stress reduction, "Human beings like certainty. We are hard-wired to want to know what is happening when and to notice things that feel threatening to us. When things feel uncertain or when we don’t generally feel safe, it’s normal to feel stressed." Currently, many of us are worrying about COVID-19, also known as the “Coronavirus”. Many of us are "under the gun" to do even more with less as public fear and anxiety continue to rise. How do we manage our anxiety? What can we do to help ourselves remain calm and centered amidst panic and uncertainty? All are welcome to attend this webinar which will focus on answering those questions and learning ways to de-stress.

**NEW Sessions:**

**Managing Stress in Difficult Times (Session 6)**

Please register for this webinarscheduled for **Mar 30, 2020 9:00 – 10:00AM MDT at:**

**Registration URL**

<https://attendee.gotowebinar.com/register/8370658294319257101>

**OR**

**Managing Stress in Difficult Times (Session 7)**

Please register for this webinar scheduled for **April 1, 2020 8:30-9:30 am MDT** at:

**Registration URL**

<https://attendee.gotowebinar.com/register/4708110295406754061>

After registering, you will receive a confirmation email containing information about joining the webinar.

Brought to you by **The Solutions Group, EAP 866-254-3555**

**Call us anytime day or night for support.**

