

GROW with Life Resources

Register for live webinars through Life Resources designed to support you in Gaining Resilience & Ongoing Wellness (GROW)

Click on the date below to register for the live session or access the recording.

All sessions are held live from 3-4pm Eastern Time

<p><u>January 21 – Building Better Mental Health</u></p> <p>Just like physical health, mental health does not occur automatically. And, while every person is unique in what they need for their own optimal health, there are certain factors which are a part of a lifestyle that contribute to and support mental wellness. Join this webinar to identify those factors and learn tools to support your own mental wellness as we head into the New Year.</p>	<p><u>February 18 – Preventing Burnout</u></p> <p>At one time or another, almost everyone reports feeling “burned out.” But what does “burnout” really mean? What are the signs of burnout? Join this webinar to identify the root causes of burnout, recognize which stress-inducing factors are within your control and develop an action plan for effectively managing stress at work and at home.</p>
<p><u>March 18 – Emotional Eating</u></p> <p>Do you find it difficult to manage your eating habits during stressful times? Join this webinar to examine your relationship between mood and cravings. You'll also learn steps you can take to adopt more mindful eating practices.</p>	<p><u>April 15 - Supporting Neurodiversity in the Workplace</u></p> <p>Neurodiversity recognizes and celebrates the natural variations in human brain function and behavior. Join this webinar to discover the benefits of supporting neurodiversity in the workplace. Gain practical tools and insights to recognize the unique strengths that neurodiverse individuals bring to work.</p>
<p><u>May 20 – Mental Health First Aid and R U OK? Overview for the Workplace</u></p> <p>In honor of Mental Health Awareness month, join this webinar to learn how to identify the signs of someone struggling with a mental health issue, connect with the person in a supportive and appropriate way and guide them towards the resources available to help them address and resolve the issue.</p>	<p><u>June 17 - Men’s Mental Health</u></p> <p>For many men, taking care of their mental health is not a priority. The stigma around focusing on mental health is an enormous barrier to accessing the resources that would improve their quality of life. Join this webinar to learn more about men’s mental health for yourself or how to encourage the men in your life to get the help they need.</p>
<p><u>July 15 – Sleep Basics</u></p> <p>Join this webinar to learn the physical and mental benefits of a good night’s sleep, how to establish daily habits that promote sleep and ways to improve your sleep environment. We will also discuss techniques for relaxation and dealing with insomnia.</p>	<p><u>August 19 – Emotional Intelligence</u></p> <p>Emotional Intelligence is crucial for personal and professional success. It helps us communicate more effectively, resolve conflicts, and foster a positive work environment. Join this webinar to better understand your own emotions and how they impact those around you.</p>
<p><u>September 16 – Suicide Awareness</u></p> <p>September is Suicide Prevention month. This webinar will provide insights into recognizing the warnings signs of suicide and other serious emotional health concerns and how to connect individuals in need with appropriate resources.</p>	<p><u>October 21 – Stress Management</u></p> <p>Stress is an unavoidable part of life and, if left unaddressed, can continue to build, and eventually becomes unmanageable. Join this webinar to understand the impact of stress, review the most common effects of stress, and learn practical tools to better manage stress and build resilience.</p>
<p><u>November 18 – Holiday Survival Guide</u></p> <p>Feeling the holiday stress creeping in? This webinar will provide strategies for managing the chaos of the holiday season. Learn strategies for managing your emotions, time, relationships, and finances to turn your holiday stress into holiday cheer.</p>	<p><u>December 16 – Benefits of Mindfulness</u></p> <p>Mindfulness is the practice of focusing your attention on the present moment without judgment. There are many well-documented benefits of mindfulness, from stress reduction to relationship satisfaction to job performance. Join this webinar to learn simple yet powerful strategies to begin to cultivate the type of greater awareness and active, open attention to the present that experts agree can lead to better health and optimal performance.</p>



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