

# Balanced Over Busy: 2023 Mental Health & Wellbeing Webinar Series

Your mental and emotional wellbeing affects every aspect of your life. Join us for webinars throughout the year, where you'll learn new skills to improve your mental and emotional wellbeing.

PARTICIPATE AS A WORKGROUP OR ENCOURAGE EMPLOYEES TO PARTICIPATE ON THEIR OWN

## Having a Healthy Relationship with Your Smartphone

**TUESDAY, FEBRUARY 14, 2023 @ 10 AM CST**

It's no secret that we are surrounded by technology—and temptations to immerse ourselves in constant screen time are real. In this session, explore the role of smartphones in everyday life and discover strategies to have a healthy relationship with your smartphone and technology.

## Becoming an Effective Stress Manager

**TUESDAY, APRIL 18, 2023 @ 10 AM CST**

Multiple studies suggest that stress negatively affects people's health and can take a heavy toll on the mind and body if left unchecked. This program helps employees recognize stress symptoms and learn strategies to minimize its disruptive impact.

## The Truth About Dieting

**TUESDAY, JUNE 20, 2023 @ 10 AM CST**

We know that many diets fail to produce lasting results, but what does work? In this seminar we will discuss why diets are not effective long-term and identify ways to achieve a healthy weight through better nutrition. When to eat, what to eat, how much to eat... all of this and more will be covered in this seminar to leave you with a good idea of how to achieve and maintain weight loss for your long-term health!

## Cultivating Calm

**TUESDAY, AUGUST 15, 2023 @ 10 AM CST**

In today's world feeling stressed, pressured, and chaotic can seem like the norm, but it doesn't have to be. We can develop the capacity for peace, serenity, and calm. In this session learn how to develop habits that will help you find calm in your life.

## Coping with Loss

**TUESDAY, OCTOBER 17, 2023 @ 10 AM CST**

All human beings are impacted by loss and grief, which can be a scary and painful time. Understand what you and others are experiencing when grieving and discover coping resources to utilize during times of loss.

## Substance Misuse and Your Loved Ones

**TUESDAY, NOVEMBER 14, 2023 @ 10 AM CST**

Substance use doesn't just impact those that are addicted to substances but can also have devastating effects on those around them—especially their loved ones. This session will explain symptoms of drug use and an overview of withdrawal symptoms of substances such as alcohol, opiates, and a few others. We will review what addiction is and how it is a chronic brain disease. Enabling a loved one will be discussed but also what you can and should do for yourself. It is important to know that as a loved one of someone who is addicted to substances, you are not alone.