



Mental Health MINUTE

The Employee Assistance Program (EAP) is hosting virtual "drop-in" educational sessions to teach and reinforce strategies to stay well and build resilience.

Topics Include:

- Stress reduction and self-care
- Deep breathing
- Decompression from work
- Self-compassion

Please join a Mental Health Minute

- All sessions are confidential, voluntary, and open to all employees
- Drop into sessions as often as you'd like
- All sessions are virtual and scheduled to be weekly standing meetings for 15 minutes. No registration is required



MONDAYS
Stress Management
 2:00 PM-2:30 PM
Scan to Join



WEDNESDAYS
Meditation
 12:00 PM-12:30 PM
Scan to Join



THURSDAYS
Stress Management
 12:00 PM-12:30 PM
Scan to Join



FRIDAYS
Meditation
 8:00 AM-8:30 AM
Scan to Join