



RESILIENCE

Managing Activities To Prevent Burnout



Registration Information

Date and Time:

November 13th 1:00pm EDT

November 25th 2:00pm EDT

Enrollment is Limited.

Sessions fill up quickly. Register now in your company eMindful portal.

When stressful moments or difficult times in life arise, there are things we can do to take care of ourselves. We can learn to pause, ground ourselves and then we are in a better position to make a good decision about our next step. In addition, it is important to remember that our lifestyles can either nourish or deplete us, and this affects how well we cope with the stress we encounter. We need to assess our current lifestyle in relation to diet, exercise and rest; these are all integral components of our well-being. Do our daily activities and habits nourish or deplete us? In this session, we will explore how to take care of ourselves in a way that optimizes our ability to manage stress. In this session, you'll need a separate word document open or a piece of paper and pen.

Coming in December:

Resilience

Dealing With Difficult People - Session 12

Please contact support at:

support@emindful.com

or call us at: **1-855-211-1536**

with any questions.