

First Series: Recognize and Respond Tuesday, April 28th - 2:00-2:30pm https://attendee.gotowebinar.com/register/6781251564845608206

- Why Do We Need to Cope?
- What is stress?
- Distress and Fustress
- Common Signs of Stress
- Uncertainty and Change
 - Be Informed, Not Influenced
 - Limit News Intake & Beware of Rumors
- Face the Cause of Your Stress
- Activity: Face cause of stress activity, SMART Goal setting
 - Broad Goals

Second Series: Perfecting Perspective Tuesday, May 5th - 2:00-2:30pm https://attendee.gotowebinar.com/register/8227770161859371790

- Cognitive Restructuring
- Mental Health and Relaxation Response
- Stay Connected
 - Parents taking care of children as well as caregivers of older adults
- Reach Out for Assistance/Support System/Seek Help
- Deep Breathing & Meditation
- Activity: Deep breathing and/or meditation practices

Third Series: Body Balance
Tuesday, May 12th - 2:00-2:30pm
https://attendee.gotowebinar.com/register/401016486303366158

- Take care of your body
- Eat well
- Exercise
- Sleep
- Limit alcohol, caffeine, and avoid drug use
- Practice good hygiene and create routines
- Activity: Stretching and/or Yoga
- Come back to making SMART Goals (established in Series 1)

For More Info >>>>>>>

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