



Employee Well-Being Webinar Series

Brought to all employees by the AEAP in partnership with Kaiser Permanente
at *no cost to employees*

Kick off your week by turning Monday into Mind-day, dedicated to Mindful Self-Care

Recognizing and Coping with Stressful Triggers: Become aware of triggers and appropriate ways to respond to those triggers for a more balanced life both inside and outside the workplace.

Introduction to Reflective Journaling: Learn journal entry tips and techniques that will help document evolving feelings, emotions, and reactions to stressful situations.

Physical and Emotional Impact of Stress: Learn what stress is and how it impacts your physical and mental health while learning how to manage stress more skillfully.



Recognizing and Coping with Stressful Triggers

Date: Monday, August 31, 2020
Time: 12:15 pm - 1:15 pm
Click [HERE](#) to register

Introduction to Reflective Journaling

Date: Monday, September 14, 2020
Time: 12:15 pm - 1:15 pm
Click [HERE](#) to register

**PLEASE
REGISTER**

Physical and Emotional Impact of Stress

Date: Monday, September 28, 2020
Time: 12:15 pm - 1:15 pm
Click [HERE](#) to register

**ONE WEEK
BEFORE THE
WEBINAR**

