



COVID-19: BUILDING RESILIENCE

APRIL 13, 2021

1:00 PM - 3:00 PM

In this unprecedented period of global uncertainty it is completely normal to be experiencing a wide range of emotions. Stress and anxiety can cause muscle tension, headaches, difficulty sleeping, restlessness, and inability to relax, digestive issues, and palpitations.

This aggravation can linger and intensify (post-traumatic stress). Let us help you to bounce back and become resilient during this pandemic.

LEARNING OBJECTIVES

✓ Recognize & understand your emotional response

✓ Identify how thinking patterns contribute to increased stress & anxiety

✓ Explore how to change your thinking patterns to reduce stress & anxiety

✓ Develop a personalized plan for improving resilience

FACILITATORS



Bonnie Taylor, LISW-S
Allwell CSU Director



Christina Parr, BSN, RN
Genesis BH Director