PREPARING FOR RE-ENTRY FROM COVID-19

MANAGING FEAR AND ANXIETY

JUNE 22
10 A.M. - 11 A.M. PST

No Registration
Click here to watch the live broadcast

In this session:
- Discuss common concerns, fears and anxieties about re-entry
- Learn how to empathize with others who might not share your views
- Choose practical strategies like self-talk, self-care, mindfulness, breathing exercises and soothing techniques
- Target how to help others, especially children and older adults
- Understand how and when LifeMatters EAP can help

Questions? Email: hradmin@calstate.edu

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