



# Mental Health Minute

The Employee Assistance Program is hosting virtual “drop-in” educational sessions called Mental Health Minutes to teach and reinforce strategies to stay well and build resilience. Participants will learn techniques they can utilize throughout the day that, if practiced, can help to manage daily stressors. Each Mental Health Minute is unique and focused on supporting employees and supervisors alike.

## TOPICS INCLUDE:

- Stress reduction and self-care through mindfulness
- Deep breathing
- Decompression from work
- Self-compassion

## Please join our Mental Health Minute

- All sessions are confidential, voluntary, taught by licensed mental health professionals, and open to all employees.
- Drop into sessions as often as you'd like.
- All sessions are virtual and scheduled to be weekly standing meetings for 15 minutes. No registration is required.



### MONDAYS

*Stress Management*

2:00 PM–2:30 PM

*Scan to Join*



### THURSDAYS

*Stress Management*

12:00 PM–12:30 PM

*Scan to Join*



### WEDNESDAYS

*Meditation*

12:00 PM–12:30 PM

*Scan to Join*



### FRIDAYS

*Meditation*

8:00 AM–8:30 AM

*Scan to Join*