



Workshop Descriptions – 2023

Burnout is Real: How to Take Action to Protect Yourself and Your Job

Job burnout is a special type of work-related stress — it often shows up as avoidance or anxiety around our work, cynicism, feelings of dread, or a sharp lack of motivation or concentration. If left unaddressed, burnout can take a serious toll on our overall quality of life.

There's good news: burnout is both preventable and treatable, often without switching jobs! Our workshop will include a self-assessment for burnout risk factors, prevention strategies, and how to handle burnout once it's started. *30 or 45 minutes*

You Can't Pour From an Empty Cup...but What Does That Mean For Me?

We all know the usual self-care suggestions: sleep, exercise, and healthy food...maybe you can't change those right now, or they're as good as they're going to get. We'll talk about the barriers to making changes, and define self-care for what it is and what it isn't. (It is not something that we force ourselves to do, or something we don't enjoy doing, for instance.)

Join us for this interactive workshop and bring a pen and paper - we'll be getting creative and committing to our mini-wellness plan right away! *30 or 45 minutes*

Change Happens; Growth is Optional: Resilience During the Long Haul

Without our knowledge or permission, stress and anxiety symptoms can build up within our bodies, especially in times of long-term change or uncertainty. This past year has certainly been one of those times! Let's talk about the resources and tools (some you already have within yourself) to survive, adapt, and get back to thriving.

In this workshop, we will focus together on:

- Strengthening our stories
 - Allowing ourselves to grieve
 - Cognitive flexibility as a resource, and making "boredom our buddy"
 - Focusing on what we can control
- 45 minutes*



Mailing address:
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24/7 hotline: 1-866-660-9533
Manager Consultation Line: 1-888-392-0050



Questions?
wellbeing@investeap.org



Finding Calm in Your Day

Stress is an inherent part of life, and during this current pandemic period of physical distancing, many are working hard to maintain a healthy response to the stress of change and uncertainty. In this interactive workshop, we will talk about stress, identify its effect on the body and mind and practice stress reduction and coping skills. The exercises and activities are designed to be easily replicated in any setting. Regardless of your skill level or familiarity with stress management practices, anyone can participate in this workshop and benefit from the activities. *60 minutes*

Moments of Joy

At times, the world around us can seem like a lot. Too many things to do and day-to-day stresses can leave us feeling rushed and disoriented. It is easy to get bogged down by life, the news, social media and all of our responsibilities. This hour-long workshop will allow you to reflect on the joyful, fun, and playful things that are all around us. Please join us as we take time to notice the positive things around us and to bring more joy into our lives. *60 minutes*

PRICING

**Please call our manager's consultation line at 888-392-0050 to speak to one of our staff and receive a custom quote*



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