



## Virtual Presentations - September 2020

### **SELF-CARE DURING TIMES OF TRANSITION - September 2, 1:00 - 2:00 p.m.**

This session focuses on tools and skills for prioritizing self-care, specifically during times of transition. Don't have a lot of time to squeeze it in? No problem. Folks will walk away with a tangible plan and self-care techniques that they can use both at home and at work- even when their schedules are tight. Presenter: Jill Castro.

### **UNDERSTANDING MENTAL HEALTH CONDITIONS AND HAVING A CONVERSATION OF CONCERN - September 3, 11:00 a.m. - 12:00 p.m.**

Do you know that an estimated 1 in 5 Americans (43.4 million adults) experience a mental illness in a given year? Given that you, a family member, or a coworker might be that one individual, perhaps you can benefit from a better understanding of how mental and emotional health conditions impact the work environment, our friends, families, or ourselves. Join us to discuss these issues, learn about emotional/mental health conditions, and discuss myths about mental health. In addition, gain some tips on how to have a conversation with someone you have a concern about. Presenter: Tom Waldecker.

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**Space is limited - Register early**

To attend any of these presentations email [fascco@umich.edu](mailto:fascco@umich.edu) and list the session you would like to enroll in.



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