



Virtual Presentations - Oct / Nov 2020

UNDERSTANDING MENTAL HEALTH CONDITIONS AND HAVING A CONVERSATION OF CONCERN **October 22, 12:30 - 1:30 p.m. | October 29, 11:30 a.m. - 12:30 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.

SELF-CARE DURING TIMES OF TRANSITION **October 26, 1 - 2:00 p.m. | November 10, 11 a.m. - 12 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.

INTRODUCTION TO STRESS MANAGEMENT **October 14, 11 a.m. - 12 p.m. | October 28, 11 a.m. - 12 p.m.**

This presentation provides an introductory overview of stress management techniques that can be used during this age of Covid-19. Participants will be informed of a variety of stress management techniques and principles for their use. Additionally, participants will be encouraged to select 1-2 of these techniques for active implementation in their daily lives. The format is informal and practical. Presenter: Andrew Greifer

MANAGING LIFE'S TRANSITIONS **November 12, 11:30 a.m. - 12:30 p.m.**

In this short presentation we will look at transitions that occur throughout the life cycle, the challenges we encounter in navigating these transitions, and reframing these challenges as potential opportunities. Borrowing from basic CBT (cognitive behavioral therapy) principles we will identify some major life events and find the opportunities that are inherently present. A component of gratitude will be discussed and techniques for cultivating greater gratitude in our lives. Presenter: Joanne Bernard

Space is limited - Register early

To attend any of these presentations email fascco@umich.edu and list the session you would like to enroll in.



fascco@umich.edu | fascco.umich.edu