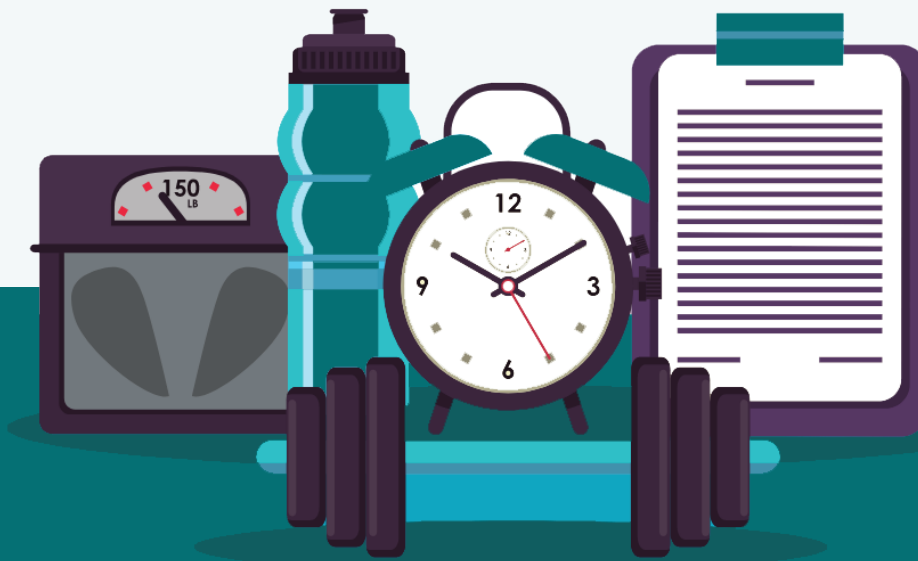


Employee Stress Management Webinars

As part of your FBI^{SD} LiveWell Program, we will be launching a series of monthly webinars sponsored by our **Employee Assistance Program**. These webinars are designed to provide self-help tactics for you to use in managing stress and anxiety related activities. The goal is to help you create a balanced, stress-free life. Please register and join us for these monthly sessions.



Fall 2021 Schedule Time: 4:30 p.m. - 5:30 p.m. | Password: training

September 2, 2021 | Five Steps to Healthier Eating - Join Now

Determine how to make better choices when eating out. Discover strategies for healthy office eating. Learn how to make your own "fast food." Develop a personal action plan for healthier eating.

October 7, 2021 | Maintaining Balance in Life - Join Now

Assess current state of balance and stress. Explore ways to better balance the conflicting demands of life. Examine personal values and choices. Learn skills to effectively manage multiple demands.

November 4, 2021 | Eating Healthier On-the-Go - Join Now

Determine how to make better choices when eating out. Discover strategies for healthy office eating. Learn how to make your own "fast food." Develop a personal action plan for healthier eating.

December 2, 2021 | Making the Holidays Happier - Join Now

Identify the biggest causes of holiday stress. Find coping strategies that promote well-being. Practice setting realistic expectations. Plan to approach the holidays differently this year.