

EASE HEALTH & WELLNESS SERIES
MONTHLY WORKSHOPS



Be Well, On Purpose.



ABOUT THE WORKSHOP SERIES

Employees will learn how to effectively recognize, process, and soothe emotions when encountering stress. Rather than leaning into an "auto-pilot" response to stress, employees will be equipped with strategies for coping to make confident, intentional, and responsive choices that support personal wellness.

LEARNING OBJECTIVES

- Become proficient at identifying, labeling and releasing emotion so that you can live with more control.
- Effectively recognize and meet your mental and emotional needs so that you're feeling constantly supported.
- Rework your response to stress by attending to physical self soothing, so that you more quickly release emotion and re-route your auto-pilot behavior.
- Create new habits that involve intentional thinking and behaving so that you can be well on purpose.

Workshop	Date
How to Connect with your Emotions	Oct. 23, 2024
Honoring your Emotional Needs	Nov. 6, 2024
Wellness Conditioning	Dec. 4, 2024
The Art and Science of Self Soothing	Jan. 15, 2025
Relating to Self	Feb. 26, 2025
Realistic Routines	Mar. 19, 2025
Mindfulness of Thought	Apr. 23, 2025
Know your Triggers	May 14, 2025
Releasing Mental Chatter	Jun. 4, 2025

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