

Profile EAP Webinars for December



[Stress and How to Tame It \(Monthly Webinar\)](#)

Friday, December 4th

12:00 – 12:30 pm (MT)

This workshop is intended to help employees reduce stress in their daily lives. Chronic stress can have long-term effects on our health and well-being. Learning healthy ways to manage and cope with stress are important on an individual level and on an organizational level as well. This workshop will look at the causes of stress and the effect it has on us and provide some useful tools and techniques to help manage stress.

[How to Minimize COVID's Effects and Thrive During the Holidays](#)

Tuesday, December 8th

12:00 – 1:00 pm (MT)

This seminar explores strategies to reduce holiday stress and increase enjoyment during seasons of high expectations, especially during this time of social distancing. Learn how to adjust expectations and appreciate the holidays we celebrate in a more mindful, safe, and virtual family-friendly manner.

[Hope and Optimism](#)

Friday, December 11th

12:00 – 12:15 pm (MT)

Hope and optimism are key resilient emotions that help us thrive in times of stress, chaos and confusion. This brief webinar will help you learn practical ways to foster hope in your daily life.

[Dealing with Difficult Customers](#)

Monday, December 14th

12:00 – 12:30 pm (MT)

Sometimes, customers can be aggressive, hostile and even downright rude. How should we handle these tense situations and diffuse them? This workshop will discuss ways to remain safe and professional while dealing with challenging customers.

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Managing Stress, Anxiety & Irritability

Tuesday, December 15th

12:00 – 12:45 pm (MT)

Sometimes, people or situations don't meet our expectations and we feel frustrated or irritated. Learn ways to evaluate expectations and how we can feel happier as we align our expectations with reality.

Got Guilt? How to Manage Guilt When We Also Need Time for Ourselves

Thursday, December 17th

12:00 – 12:15 pm (MT)

Often times, we feel guilty for taking time for self-care, taking time off, saying "no," and putting our needs as a priority, too. During the last several months, our stress and exhaustion have increased. We have to make self-care sustainable, but how can we deal with the guilt that comes with it, sometimes? This short webinar will discuss this dilemma and solutions.

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