

# Profile EAP Webinars for March 2021

## Managing Stress, Anxiety and Impatience

Tuesday, March 2<sup>nd</sup> and March 16<sup>th</sup>

9:00 - 10:00 am MT

This webinar explores the causes of stress, anxiety and resulting impatience, especially around COVID-19 and ongoing challenges in 2021. We will discuss the effect it has on us and provide useful tools and techniques to help manage these emotions.

## Depression: Innovations in the Treatment of Depression

Wednesday, March 3<sup>rd</sup> and March 10<sup>th</sup>

12:00 - 1:00 pm MT

This is an overview of new and emerging treatments for depression. Signs, symptoms, causes and coping will be discussed, as well as medication, counseling and other hopeful, positive interventions.

## Relationship Rescue: What Works and What Doesn't in Marriages and Long-Term Relationships

Friday, March 12<sup>th</sup> and March 19<sup>th</sup>

12:00 – 1:00 pm MT

John Gottman is one of the country's foremost researchers, authors and clinicians when it comes to marriage and long-term relationships. He can predict with a 93.6% accuracy whether a relationship will last the test of time or not. So, what makes a relationship healthy and satisfying? When stress hits home, how can we stay connected? We will discuss his research and the practical tips and tools for making marriage and long-term relationships work.

## Gratitude, Attitude and Mindfulness: Shifting Our Perspective

Monday, March 15<sup>th</sup> and March 22<sup>nd</sup>

12:00 – 12:45 pm MT

In this webinar, we will explore how our thinking impacts our mood and experience. Come learn about how we can enhance our skillset and change the way we experience the world by engaging mindfulness, positive psychology and choice.



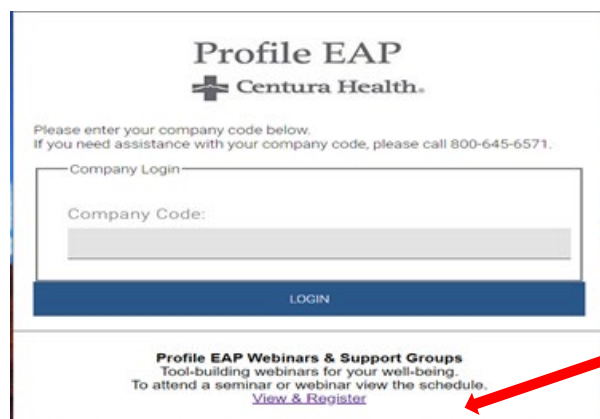
# Profile EAP Webinars for March 2021

## Pursue Your Inner Calm: An Experiential Workshop

Tuesday, March 23<sup>rd</sup> and March 30<sup>th</sup>

12:00 - 1 pm MT

Spend some well-deserved self-care time and practice relaxation techniques that can help reduce anxiety and stress, both in the mind and body. Practice breathing, progressive relaxation, visualization, and mindful self-regulation techniques to help in these turbulent times.



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