Profile EAP Webinars for October 2021

Surviving and Thriving During the Holidays

Friday, October 1st Presented by Nancy Catayas, LCSW

This seminar explores strategies to reduce holiday stress and increase enjoyment during seasons of high expectations. Learn how to adjust expectations and appreciate the holidays we celebrate in a more mindful manner.





Managing Stress, Anxiety and Impatience

Tuesday, October 5th9:00 - 10:00AM MTPresented by Sue Garcia, LPCThis webinar explores the causes of stress, anxiety and resulting
impatience, especially aroundCOVID-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.

12:00-1:00PM MT

<u>"I don't want to go to school" – Helping your Adolescent</u> overcome school-related barriers

12:00 - 1:00PM MT

Thursday, October 14th Presented by Anna Ferguson, LCSW

Has your teen been struggling with motivation or been resistant towards going to school? Come and explore strategies and skills that can be helpful in helping your teen change their mindset and decrease your stressors along the way.



9:00 - 10:00 AM MT



Turning Down Your Worry Brain

Wednesday, October 20th Presented by Ashley Manson, LPC

Sometimes the thoughts in our heads can be louder than we would like, making it difficult to function. Some of these thoughts are riddled with worry, self-doubt, and the desire to avoid. Learn strategies to turn down the volume on your "Worry Brain" and tune into your Smart Brain. We will cover the history of anxiety and how it has saved us. We will focus on how to assess your worries accurately, how to challenge your thoughts, and practical steps on how to face your fears.



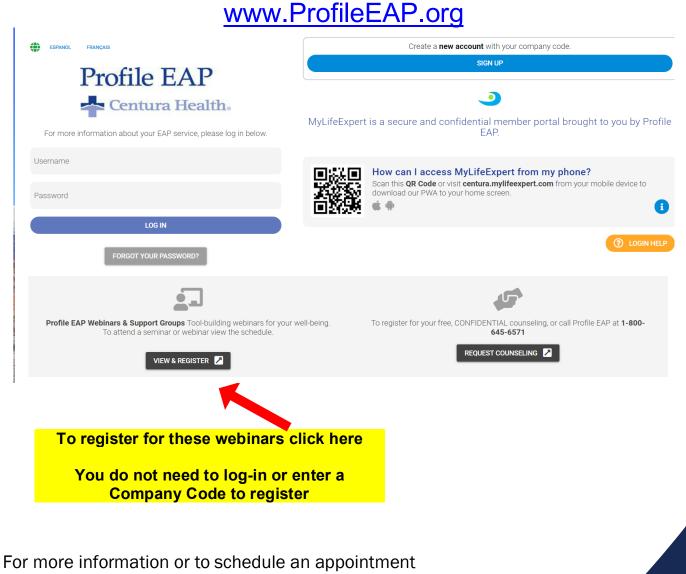
Developing Your Emotional/Behavioral Immune System

Tuesday, October 26th Presented by Nancy Catayas, LCSW

9:00-10:00 AM MT

Just like the body develops immunity to the germs it encounters in our world, we can develop "immunities" to the stressors in our lives. We can utilize protective factors to "build up" our ability to withstand the pressures we face and emerge even stronger

To Register go to:



call Profile EAP **1-800-645-6571**

