

**Prerecorded Webinars to
Strengthen Your Resilience, One Skill at a Time**
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- **[Strategies for Stress Relief](#)**

Everyone is stressed. The responsibilities of modern living can be overwhelming. But is it really possible to learn techniques and strategies to manage and relieve stress? Yes! In this seminar, we will talk about the symptoms of stress, how they manifest in day-to-day life and ways to effectively manage stress. The goal of this seminar is to help every participant develop willingness to employ at least one new strategy towards feeling less stressed.

- **[Riding the Waves of Change](#)**

Change in life is inevitable. While we can't always control what happens, we can control how we choose to respond to it. What we tell ourselves about change will have a large impact on our feelings and behaviors. During this webinar, we'll demonstrate techniques for successfully navigating change and using it as an opportunity for learning and growth.

- **[Deep Relaxation for Better Sleep](#)**

In this webinar, the focus is on mind/body relaxation, one of the most important factors in falling asleep, staying asleep and getting restorative sleep. Attendees will learn daytime relaxation exercises, instant momentary relaxation exercises and techniques for relaxing into sleep and back into sleep from night time awakenings. There is an emphasis on the positive changes that can be made during the 16 hours of wake that will improve sleep quality. A guided relaxation exercise teaches techniques for initiating sleep and returning to sleep.