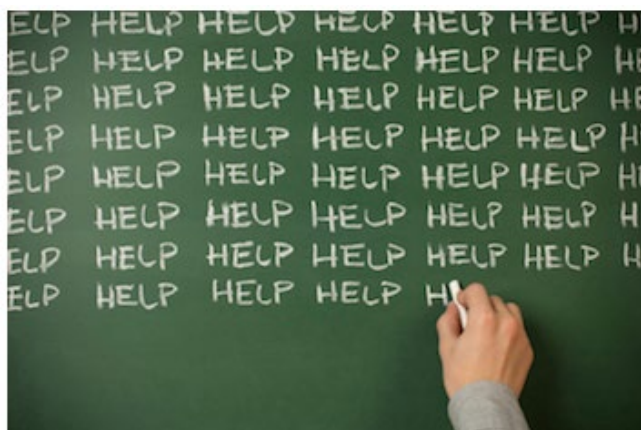


MIIA EAP Professional Development Training



Presenter:

Steven Bernstein, LMHC, CEAP

Dates/Times/Registration links:

Tuesday, January 25, 2022, at 12pm

<https://attendee.gotowebinar.com/register/4698355442733925903>

Thursday, February 3, 2022, at 3pm

<https://attendee.gotowebinar.com/register/8703218794768600587>

Adjusting through COVID: Strategies to Manage Stress for Schools

We've certainly heard it many times now, but our present pandemic has moved us out of our comfort zones in ways we could have never imagined. So much change and all at once: how we work, how we gather, what we wear, and how we feel. But what are the internal resources we've needed to call upon to find our resilience? This session takes a holistic view of the pandemic journey; the logistical, operational, and psychological adjustments we've needed to make in addition to looking at the **New Science of Stress** which offers important tips and strategies for self-care.

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