

Protecting Our Happy

A Resilience Webinar



This *free* 1 hour virtual program will leave participants reconnected to the power of the mind combined with practical daily strategies that will empower them to better navigate this experience so they stay healthy.

Many may experience life with compromised mental health. The CDC highlights that 1 in 3 Americans are dealing with either depression or anxiety due to the pandemic. Resilience is an important skill that can protect us from various mental health challenges and can help us effectively cope with stress. Reducing stress lowers rates of depression and ultimately increases quality of life.

Learn tangible tools, techniques, and resources to support ourselves and our loved ones.

Topics Covered

- Our New Reality & Fear
- Recognizing Our Emotions
- What we Feed our Minds
- Structures and Rituals
- Virtual Working Environments
- Return to Work Anxiety Tips
- Sleep & Relaxation
- Empathy & Compassion
- Self-Awareness
- Mental Health Resources

When: Wed. March 10th
Time: 7:00pm

***Registration Required**

[Click Here to Register](#)



Michelle E. Dickinson is a passionate mental health advocate, a TEDx speaker, and a published author of a mental health memoir entitled *Breaking Into My Life*. She grew up caring for her bipolar mother, navigated her own depression, and also spent years working to eradicate the mental health stigma within her fortune 50 company.

*This webinar is sponsored by the **Westfield Mental Health Council***