OUR SEMINARS PROVIDE A VARIETY OF TECHNIQUES TO HELP YOU CARE FOR YOUR MENTAL HEALTH JUST AS YOU KNOW TO CARE FOR YOUR PHYSICAL HEALTH. THESE REFRESHING SEMINARS ARE PERFECT FOR EMPLOYEES, COMMUNITY ORGANIZATIONS, CHURCH GROUPS, ETC. EACH SEMINAR HAS BEEN DEVELOPED, AND IS PRESENTED, BY A MENTAL HEALTH CLINICIAN.

**Address Stress**
Recognize signs and symptoms of stress and learn about practical self-management tools for everyday use.

**Busting Burnout**
Confront burnout and replace it with improved work-life balance with these stress-busting tools, resources and strategies.

**Compassion Fatigue**
Know the differences between burnout, vicarious trauma, caregiver stress and compassion fatigue.

**Managing Everyday Worry & Anxiety**
Create a more peaceful life by learning skills to calm the body, minimize worry and ruminations and correct anxious thoughts.

**Managing Grief and Loss**
Explore the stages and learn tips for navigating grief and loss, and how to support others through the process.

**Mindfulness**
Strengthen your ability to stay focused on the present by regulating emotions, building attention to detail and problem-solving.

**Power-Up Productivity**
Explore ways to replenish energy, set meaningful goals, maintain motivation and combat procrastination.

**Live Your Life Well**
Meet the demands of everyday life and maintain mental wellness with ten evidence-based practical skills.

**Reaching Resilience**
Navigate and adapt well to life’s inevitable changes and transitions with skills-building activities.

**The Power of Self Talk**
Diminish negative self-talk, build self-esteem and treat yourself as you would your closest friend!

**Emotional Intelligence**
Boost your emotional intelligence for personal and professional success by exploring the relationship between feelings, thinking and actions.

**To schedule a Wellness Seminar**
Call: 314-773-1399 or Email: wellness@mha-em.org

(Mental Health America of Eastern Missouri)

1905 S. Grand Blvd., St. Louis, MO 63104
www.mha-em.org | info@mha-em.org