

WELLNESS FROM THE COUCH

EMOTIONAL WELLBEING

Life is full of ups and downs! What skills and resources are in your toolbox to assist you with navigating challenges?

MyMDCARES is pleased to bring you this 4-part webinar series on a range of topics designed to tune-up your emotional wellbeing! Join our subject matter experts for one or all of the webinars to increase your knowledge about mental health issues and build your resiliency and coping skills.

2023 Webinar Series

STAYING MOTIVATED - TIPS FOR LEVERAGING YOUR SUPER POWER

Learn the 3-part theory of human motivation. Identify your motivational style and learn strategies that will keep you motivated so you can achieve any goal.

March 30th, 2023, 12:00 - 12:45 p.m. ET

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CULTIVATING CALM - TOOLS FOR REGAINING YOUR RESILIENCE

As human beings, we are wired for resilience. Learn how to access the capacity for resilience through the use of specific tools that cultivate mental and emotional calm during times of stress, overwhelm and uncertainty.

May 15th, 2023, 11:30 a.m. - 12:15 p.m. ET

[REGISTER HERE](#)

COMMUNICATING EFFECTIVELY - MORE THAN JUST TALK

Have you ever walked away from a conversation wondering how it had gone so off track? We spend so much of our day talking and typing, but, the message can easily get lost in translation. Review the key skills to improve how you communicate (talking and listening) and relate to others and enhance your professional and personal relationships.

August 22nd, 2023, 1:00 - 1:45 p.m. ET

[REGISTER HERE](#)

RECLAIMING JOY - DELIGHT IN EVERYDAY LIFE JOY

Joy may be something that we believe we have to put in a lot of energy to pursue but what if it actually was a matter of tapping into it in the moment. Define joy and discover small ways to spark it in your daily routine.

November 7th, 2023, 11:30 a.m. - 12:15 p.m. ET

[REGISTER HERE](#)



Each 45-minute webinar is led by a masters-level clinician or coach who is eager to share tangible skills that you can use in everyday life.

Need Assistance?

Contact MyMDCARES to talk confidentially with a professional counselor, 24/7, 365 days

Call Toll-free **844-405-8200**

or Visit online portal.bhsonline.com | Org ID: MYMDCARES



When life
throws you
a curve,
let's chat!



MyMD
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Here for whatever life brings - 24/7

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