

Mental Health Awareness Month 2024 – Where to Start

COMPLIMENTARY WEBINAR SERIES

While society is getting more comfortable discussing mental health, it can still be hard to know where to start it comes to taking care of your own well-being. Throughout May, the Johns Hopkins Employee Assistance program is offering **complimentary webinars** to help build your coping toolbox, so you know where to turn regardless of the situations you're dealing with. Please register for the sessions of your choice

Tools for Today

Friday, May 10th @ 3:00pm – 4:00pm ET

Click [here](#) to register.

Looking for ways to prioritize your mental and physical health? In this session, participants will learn self-care best practices and gain tools for personal fulfillment including mindfulness, healthy eating, sleep routines, socialization, and more.

Setting Boundaries

Wednesday, May 14th @ 1:00pm – 2:00pm ET

Click [here](#) to register.

In today's "always-on" environment, setting respectful boundaries is crucial to being successful and avoiding becoming overwhelmed. In this session, participants will learn practices for delegating, managing expectations, and staying consistent to achieve the personal and professional balance they desire.

Practicing Self-Compassion

Wednesday, May 22nd @ 12:00pm – 1:00pm ET

Click [here](#) to register.

It isn't always easy to show ourselves the same compassion we show others, but research has found that self-compassion helps us be less self-critical, which in turn decreases stress, increases resiliency, and improves life satisfaction. In this session, participants will learn the components of self-compassion and gain tools for turning their inner critic into an inner friend.

Getting the Help You Need

Thursday, May 30th @ 12:00pm – 1:00pm ET

Click [here](#) to register.

Often times in life things can get so busy, we forget to check in and see how we are doing. We need to stop from time to time and evaluate our own mental health. Are we anxious all the time? Sleeping well at night? Overeating or under eating? This seminar will provide you with the opportunity to evaluate both your emotional and physical wellbeing and ultimately assist you in getting the help you might need.

The Johns Hopkins Employee Assistance program (JHEAP) can help you and those you care about connect to professional counseling for any issue that's on your mind. Access is free, confidential, and 24/7.

ACCESS LINE: 888-978-1262 | WEBSITE: myccaonline.com

