

Mental Health Awareness Month 2023 – Look Around. Look

COMPLIMENTARY WEBINAR SERIES

JHEAP is offering complimentary webinars to increase awareness of how the world around us impacts our mental health as well as steps we can take to change our space, impact our community, and protect our well-being. Please register for the sessions of your choice; all sessions will be recorded for future viewing.

HANDLING AND MANAGING CHAOS

Wednesday, May 3rd @ 12:00pm – 1:00pm ET
Click [here](#) to register

Chaos and unpredictability play a big role in our lives. For many, this can be a major source of anxiety. But should we and can we embrace chaos? This session examines our history and relationship with chaos, so we can begin the process of managing and learning from the unexpected.

COMMUNITY AND GIVING BACK: LEAVING OUR FOOTPRINT

Thursday, May 11th @ 3:00pm – 4:00pm ET
Click [here](#) to register

Research shows that volunteering and community involvement can alleviate stress and worry, expand perspective, and even improve sleep. Yet with so many deserving causes, along with competing priorities, it can be hard to know where to begin. This session offers tips for exploring your options, overcoming barriers to getting started, embracing what gives you joy and purpose, and measuring your impact.

THE ART OF FENG SHUI

Wednesday, May 24th @ 1:00pm – 2:00pm ET
Click [here](#) to register

This session explores what Feng Shui is and what it can do for our minds, bodies and the spaces we live and work in. Participants will gain an understanding of how to use color and incorporate the five elements of Feng Shui to promote a calming flow and positive energy at work and home.

PSYCHOLOGICAL SAFETY

Tuesday, May 16th @ 11:00am – 12:00pm ET
Click [here](#) to register

At its core, psychological safety at work is when team members feel included, safe to contribute, and safe taking interpersonal risks, without fear of being marginalized or embarrassed. This session will examine what psychological safety is and isn't, along with best practices for fostering a climate of trust and belonging.

ROADMAP TO HEALING – VISUAL JOURNALING FOR A BETTER MENTAL HEALTH

Thursday, May 18th 12:00PM – 1:00 PM ET
Click [here](#) to register

Join JHEAP Clinician, Rachel Liccardo, LCSW-C as she leads us through a visual journaling exercise to learn new ways to reduce stress and help us open up about our experiences and emotions. Artistic ability is not a requirement. You will need a piece of paper, and something to write with. This session will not be recorded.

For free, confidential access to resources that support total well-being, just call or connect any time, any day.

COUNSELING SERVICES
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