

PLEASE NOTE THAT SESSIONS ARE SUBJECT TO PUBLIC HEALTH PANDEMIC PROTOCOLS AND WILL BE REVISED AS NECESSARY



LUNCH & LEARN

April 2020



Taking Control of Stress E-course

Available Anytime

Location: On-line

Most people feel that they are under “higher than normal” levels of stress and pressure. This course focuses on key stress management skills, including: managing thinking and feelings, time management, increasing positive experiences, getting active and relaxation. To access this session please go to www.homeweb.ca. You will need to create an account and sign in to access this course.

Building Resilience: Understanding Challenges, Learning Strategies, and Accepting Change

Ryan V'ant Kruis, EFAP

Wednesday, April 8

Noon—1:00pm

Location: On-line—please register through Learn Centre

Research shows that individuals can improve how well they adapt to challenges and adversity. This session will help break negative thought patterns and offer healthier ways of thinking and behaving. Participants will be introduced to a variety of effective, practical tools to improve physical health, respect mental/emotional health, and cultivate a strong social support network.

Responsible Optimism E-course

Available Anytime

Location: On-line

Thinking optimistically, rather than negatively or pessimistically, is a proven key to avoiding feelings of depression, persisting longer at challenging tasks, and facing each day with hope and excitement. This course provides users with the tools they require to change their thinking. To access this session please go to www.homeweb.ca. You will need to create an account and sign in to access this course.

Managing Your Time and Energy

Ryan V'ant Kruis, EFAP

Wednesday, April 29

Noon– 1:00pm

Location: On-line—please register through Learn Centre

Time is a precious resource. The phrase “time = money” is certainly true in a business setting. Individuals require balance in their work lives so that they can meet both their job requirements and personal needs. Is it possible to manage time at work to be both satisfied and successful? This session will explore answers to this question.

Bring your lunch and join us for these informative sessions. Seating is limited - please enroll through the LearnCentre. These sessions are listed under the Health and Wellbeing catalogue.

For information about the Lunch & Learn program, contact our office at org.health@ualberta.ca