



## Work Force EAP, in partnership with the State of Maine’s StrengthenME program, presents: The Winter Wellness Series\*

### Resiliency Strategies during a Pandemic

Living and working through this pandemic is exacerbating the stressors already present in our world, and adding to them. In this workshop, participants will learn about resiliency, why it so difficult to be resilient in the face of today’s myriad challenges, and how to increase resiliency and utilize effective coping strategies. Participants will have the opportunity to discuss their experiences and learn techniques on a range of issues to build better frustration tolerance and increase resiliency. This session is available on two different dates/times - **please register for whichever day best fits your schedule:**

[November 10, 2021](#) | 12:00 - 1:00 PM

[November 17, 2021](#) | 4:00 - 5:00 PM

### Stress Management

Chronic stress impacts us personally and professionally. Yet, even in the most challenging circumstances, it is possible to practice self-care. Equipping employees with stress management tools and coping strategies is essential. In this training, participants will learn more about what stress is and will gain practical skills that can be applied throughout their work and personal lives. They’ll learn how to cope with stressful situations and understand the individual triggers that often influence their negative reactions. Participants will also gain understanding of mindfulness and increase their capacity to effectively address the unique challenges they are facing. This session is available on two different dates/times - **please register for whichever day best fits your schedule:**

[December 8, 2021](#) | 4:00 - 5:00 PM

[December 16, 2021](#) | 12:00 - 1:00 PM

### Sustaining Compassion

Compassion is a critical part of delivering high quality care. Compassion satisfaction is the feeling of pride and well-being we get from caring for others. It is also normal, however, for frontline workers to experience compassion fatigue, burnout, and secondary trauma. This workshop explains the causes and consequences of these phenomena, discusses coping strategies, and includes a self-assessment of professional quality of life. This session is available on two different dates/times - **please register for whichever day best fits your schedule:**

[January 5, 2022](#) | 12:00 - 1:00 PM

[January 18, 2022](#) | 4:00 - 5:00 PM



### Wellness Workshops/Lunch and Learns (no registration required)

#### LETTING GO OF WHAT WE CAN’T CONTROL

Holding on to things we can’t control can cause us a great deal of stress and unhappiness. It also keeps us stuck in the past and keeps us from growing and living our lives freely. This workshop explores strategies for letting go.

[November 16 or 30, 2021](#) | 12:00 - 12:30 PM

#### MAXIMIZING FOCUS AT WORK

Do you have trouble focusing at work, or frequently get distracted and struggle to regain your concentration? You’re not alone. This workshop explores strategies for maximizing your focus at work.

[December 14 or 28, 2021](#) | 12:00 - 12:30 PM

#### BEATING THE WINTER BLUES

Winter in Maine isn’t easy. In this workshop, we’ll explore symptoms of seasonal blues and strategies to overcome them.

[January 13 or 24, 2022](#) | 12:00 - 12:30 PM

**\*Hosted by Maine Primary Care Association**