Managing the Stress of Working Remotely (45 min)
This webinar offers recommendations for alleviating the inherent stress of working remotely and identifies virtual resources commonly used to support self-care.

To register for a session, please click a time below:

- Wednesday, April 8, 2020
  - noon
  - 6 PM
  - Earn up to 75 Pure Wellness Points!

Managing Pandemic Stress (1 Hour)
This webinar reviews the symptoms associated with pandemic stress, offers a mindset for managing pandemic stress, and recommendations for proactive coping. Join us to explore this important topic and develop new skills for managing uncertainty.

To register for a session, please click a time below:

- Thursday, April 9, 2020
  - noon
  - 6 PM
- Tuesday, April 14, 2020
  - noon
  - 6 PM
  - Earn up to 100 Pure Wellness Points!

Relaxtion Techniques to Cope with Stress (30 min)
This webinar is offered for those interested in learning ways to manage daily anxiety and current stressors by using calming and effective relaxation techniques.

To register for a session, please click a time below:

- Thursday, April 16, 2020
  - noon
  - 6 PM
  - Earn up to 75 Pure Wellness Points!