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. Join us to explore this timely topic and develop new ideas for managing our rapidly changing work/life balance.

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 uncertainly.

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

Thursday, April 2, 2020
- noon
- 6 PM

Thursday, April 9, 2020
- noon
- 6 PM

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