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.
To register for a session, please click a time below:
Tuesday, April 14
- 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
- noon
- 6 PM
Earn up to 75 Pure Wellness Points!

Calming Strategies (30 min)
This webinar is offered to help participants understand how they may restore the parasympathetic (relaxation) response during COVID-19.
To register for a session, please click a time below:
Tuesday, April 21
- noon
- 6 PM
Earn up to 75 Pure Wellness Points!

Developing Personal Resilience (30 min)
This webinar offers participants insight into how they may develop their personal resilience during challenging times. Resilient individuals are adaptive and exhibit positive behaviors when faced with change, adversity, or trauma.
To register for a session, please click a time below:
Thursday, April 23
- noon
- 6 PM
Earn up to 75 Pure Wellness Points!