

Free of charge to eligible PEHP employer groups, these seminars last 45-60 minutes and are perfect for staff meetings, retreats, lunch-and-learns, or employee trainings. Choose from various wellness topics including mental health, nutrition, stress management, and personal/professional development.

PEHP Wellness staff currently offers live virtual seminars, scheduled upon request. Please note we require a minimum of 15 attendees and ask you to schedule at least two weeks in advance. Email us at [wellnesscouncils@pehp.org](mailto:wellnesscouncils@pehp.org) to request a seminar.

## Mental Health



### Managing Anxiety & Worry

Feeling anxious every now and then is a normal part of life. But if you find you are constantly anxious and worried over everyday events, it can start interfering with every aspect of life. We discuss the symptoms of anxiety, why we worry and ways to cope and relieve anxiety and worry.

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### Burnout, Mental Fatigue and What to Do About It

Feeling overwhelmed, burned out, and exhausted? Achieving work/life balance can seem extra challenging. Boundaries between work, home, family, and personal aspects of life are often blurred. Learn helpful strategies to create routines that will help in all areas of your life.



### Understanding and Managing Depression

Depression is a disorder that can affect many aspects of your life beyond your mood. Unfortunately, depression can often be overlooked, making it hard to treat while leaving many suffering. On the brighter side, progress has been made in starting important conversations about mental health which have resulted in more options to help manage depression.

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### Qualities and Traits of Resilient People

We could all use a little more resilience to better cope with the ups and downs of life. Fortunately, decades of research has revealed ways we can become more resilient – with a little practice!



### Understanding and Coping with Trauma in the Workplace

Many PEHP members have jobs and duties that expose them to continuous and various levels of traumatic situations. Due to the nature of these jobs, it is not uncommon to be affected in some way by work related trauma.

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### Suicide Prevention: Starting a Conversation

The fact that suicide can be a hard, uncomfortable thing to talk about may leave people struggling in silence or make others feel reluctant to help. But it doesn't have to be this way. Progress has been made in understanding the importance of talking openly about suicide – reducing stigma and opening the door to prevention and treatment.

## Stress Management



### **Humor Me – Using Humor to Manage Stress**

Laughter is a potent tool in helping to manage stress. There are physical, social, and mental health benefits that are gained through laughter. Explore laughter's benefits and ways to look for humor in stressful situations.

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### **Your Body & Brain on Stress**

Stress leaves us feeling anxious, overwhelmed, and out of control. The way you think about stress makes a difference in your body's stress response. We will discuss how the body and brain respond to stressful demands. By changing your perspective and adding simple stress reduction practices, you can make a big difference in how stress affects you.



### **De-Stress at your Desk – Cubicle Yoga**

Take yoga from the mat to your cubicle or office space. Yoga has long been recognized for its many health benefits including increased flexibility, balance, and strength. Participate in stretches and relaxation techniques that can be used while at work designed to help relieve stress throughout the day.

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### **Unwind: Stress Management Techniques**

Are you feeling the pressures of work, family, and daily responsibilities? Explore strategies to change the way you think about and cope with stress. Practice relaxation techniques to calm the mind and body.



Find more information at  
[www.pehp.org/webinarseminar](http://www.pehp.org/webinarseminar)

## Nutrition



### **Healthy Eating & Meal Planning**

Learn practical ways of embracing a healthy way of eating as we present simple steps to create balanced meal plans for one, two, or the whole family.

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### **Emotional Eating**

Gain insights about how emotions and stress can impact eating habits. Learn to identify emotional triggers leading to emotional eating and increase your skills to develop healthier behaviors.

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### **Dining Out Done Right**

If you love eating out but want to be mindful of your health, you can learn how to make choices that will allow you to meet your nutritional needs and health goals while enjoying a delicious meal.

## Self-Improvement



### Balance & Well-Being

Do you find it challenging to juggle the demands of your job and the rest of life? One of the greatest challenges in life is trying to achieve balance – work and family time and importantly, time for ourselves. What does life balance really mean and how can we achieve it?

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### Sleep From A to Zzz's

Sleep is a basic necessity of life! The quality and amount determines if we wake up feeling refreshed, alert, and ready to tackle the day. We will cover the sleep process, why most of us don't get enough of it, and tips to get more deep sleep.

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### Self-Care Isn't Selfish

Taking care of ourselves is an important part of our overall well-being. Learn ways to incorporate emotional, spiritual, and physical self-care into your routine.

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### Plugged in and Disconnected

We've become dependent on social media to connect with our friends and social circles. But, what is all the screen time doing to us and to childrens' developing brains?

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### Self-Motivation – What Drives You?

Taking care of ourselves physically, mentally and emotionally is crucial. If you find yourself losing motivation or feeling exhausted, there is a way to regain the energy and momentum you need to move forward.

## Other



### PEHP Wellness 101

Want to hear more about the resources and education PEHP Wellness has to offer? This seminar will cover general information about our programs and how to participate. Join us to learn how to better utilize your PEHP wellness benefits.

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### Why Wellness?

Worksite Wellness does work! We'll share stats and studies on how organized employee wellness programs can play an important part of your well-being at work and home. Discover how you can support your own Wellness Council or be a part of setting one up at your worksite.



Find more information at  
[www.pehp.org/webinarseminar](http://www.pehp.org/webinarseminar)