

# Stay balanced with Mindful Mondays

Mindful Mondays are a series of monthly classes designed to help you combat stress and build resilience while navigating these unprecedented times of COVID-19.



## Physical and Emotional Impact of Stress

Learn what stress is and how it impacts your physical and mental health while learning how to manage stress more skillfully.

## Transformational Thinking

Stress can come from overuse of the analytical mind. Learn to increase whole body awareness, manage stress, and refine your mind with meditation and breathing techniques.

## Recognizing and Coping with Stressful Triggers

Become aware of triggers and appropriate ways to respond to those triggers for a more balanced life, both inside and outside the workplace.

### Physical and Emotional Impact of Stress

Monday, October 12  
12 – 1 p.m. ET

[REGISTER TODAY](#)

### Transformational Thinking

Monday, November 9  
12 – 1 p.m. ET

[REGISTER TODAY](#)

### Recognizing and Coping with Stressful Triggers

Monday, December 14  
12 – 1 p.m. ET

[REGISTER TODAY](#)