

WELLNESS SEMINARS

Our seminars provide a variety of techniques to help you care for your mental health just as you know to care for your physical health. These refreshing seminars are perfect for employees, community organizations, church groups, etc. Each seminar has been developed, and is presented, by a mental health clinician.



Address Stress

Recognize signs and symptoms of stress and learn about practical self-management tools for everyday use.



Live Your Life Well

Meet the demands of everyday life and maintain mental wellness with ten evidence-based practical skills.



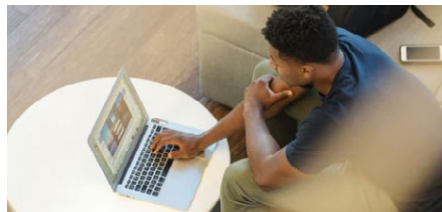
Power-Up Productivity

Explore ways to replenish energy, set meaningful goals, maintain motivation and combat procrastination.



Busting Burnout

Confront burnout and replace it with improved work-life balance with these stress-busting tools, resources and strategies.



Managing Everyday Worry & Anxiety

Create a more peaceful life by learning skills to calm the body, minimize worry and rumination and correct anxious thoughts.



Reaching Resilience

Navigate and adapt well to life's inevitable changes and transitions with skills-building activities.



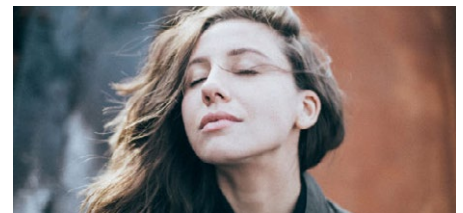
Compassion Fatigue

Know the differences between burnout, vicarious trauma, caregiver stress and compassion fatigue.



Managing Grief and Loss

Explore the stages and learn tips for navigating grief and loss, and how to support others through the process.



The Power of Self Talk

Diminish negative self-talk, build self-esteem and treat yourself as you would your closest friend!



Emotional Intelligence

Boost your emotional intelligence for personal and professional success by exploring the relationship between feelings, thinking and actions.



Mindfulness

Strengthen your ability to stay focused on the present by regulating emotions, building attention to detail and problem-solving.



To schedule a Wellness Seminar

Call: 314-773-1399 or

Email: wellness@mha-em.org

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