

LET'S TALK ON-DEMAND WEBINARS

SELF-CARE ESSENTIALS



Build your mental resiliency with WorkWell NYC's "Let's Talk" On-Demand Webinars. In 15 minutes or less, learn new practices and receive powerful resources that will help make self-care a daily practice.



SELF-CARE FOR ALL

Self-care is our ability to function effectively while meeting the challenges of daily life. This webinar explores the concept of self-care and provides strategies to develop a consistent self-care plan.

- Self-Care Webinar - [VIEW](#)
- Resource, *Self-Care Challenge* - [DOWNLOAD](#)



LET'S GET CREATIVE

Art and creativity can play a key role in relieving stress, expressing emotions and promoting mental wellbeing. This webinar provides resources and ideas on how to explore your creativity.

- Let's Get Creative Webinar - [VIEW](#)
- Resource, *Let's Talk Coloring Book* - [DOWNLOAD](#)



CHALLENGING IRRATIONAL THOUGHTS

We are sometimes our worst critic. This webinar provides specific ways to examine and reframe negative thoughts and improve self-talk.

- Challenging Irrational Thoughts Webinar - [VIEW](#)
- Resource, *Manage Irrational Thoughts Worksheet* - [DOWNLOAD](#)



BUILDING YOUR SOCIAL NETWORK

Having a supportive network is key to promoting your mental well-being. This webinar helps you create an action plan for expanding and improving your connections with others.

- Building Your Social Network - [VIEW](#)
- Resource, *Resilience/Connections Worksheet* - [DOWNLOAD](#)

LET'S TALK ON-DEMAND WEBINARS

BUILDING SUPPORTIVE WORKPLACES



Are you looking to learn more about building supportive workspaces, but short on time? "Let's Talk" On-Demand Webinars increase awareness about mental health in the workplace and offer practical tools to improve one's own mental health and resiliency - in 15 minutes or less!



CREATING WORK/LIFE HARMONY

In supportive workplaces, employees have the resources and opportunities to balance their work and personal life. This webinar provides a framework and strategies for creating balance between work and home.

- Creating Work/Life Harmony - [VIEW](#)
- Resource, *Work/Life Harmony Action Plan* - [DOWNLOAD](#)



SUPPORTING COWORKERS

We can all play a role in supporting coworkers who are experiencing difficulties. This webinar gives specific examples of how to talk with and offer support to colleagues.

- Supporting Coworkers Webinar - [VIEW](#)
- Resource, *Supporting Colleagues Guide* - [DOWNLOAD](#)