

April 19, 2021

Dear Valued Partner,

The effects of the COVID-19 global pandemic are creating a lot of uncertainty and anxiety across many groups. Feeling stressed and fearful takes a toll on our health and well-being both at home and in the workplace. Many employers offer an Employee and Family Assistance Program (EFAP) to support employees that are struggling, but as we know in occupational health and safety; prevention is often the key. In order to help you, your employees, and members stay mentally fit and increase resiliency, we are pleased to announce season 2 of our well received free Maintaining Mental Fitness webinars.

Starting on Tuesday, May 11 at 10:00 am (MST), 12:00 Noon (EST) we will be offering 12 free bi-weekly webinars created in partnership with [Howatt HR](#) and the [Alberta Urban Municipalities Association \(AUMA\)](#). Author, columnist, and workplace productivity expert Dr. Bill Howatt returns to examine key behaviors organizations and individuals can do to maintain mental fitness during these challenging times. Each webinar includes a 15-minute mental fitness concept or skill, followed by an interactive Q&A session for mental fitness-related questions.

<http://www.MaintainingMentalFitness.com>

Register for any or all of MMF Season 2 [here](#)

Season 2 will focus on the 12 following topics:

- May 11, 2021 - *Moving away from loneliness starts from within*
- May 25, 2021 - *Tips for being less overwhelmed at work (Feeling overwhelmed is the new norm)*
- June 8, 2021 - *Tips for taming negative emotions*
- June 22, 2021 - *Relationship survival tips*
- July 6, 2021 - *Tips for dealing with emotional exhaustion*
- July 20, 2021 - *Benefits of monitoring positive and negative daily changes*
- Aug. 3, 2021 - *Insulating for irritability (Tips for managing anger)*
- Aug. 17, 2021 - *Halting self-doubt*
- Aug. 31, 2021 - *Tips for unplugging from work*
- Sept. 14, 2021 - *Tossing social rejection*
- Sept. 28, 2021 - *Blending demands of home and work*
- Oct. 12, 2021 - *Setting social media boundaries*

Season 1 of Maintaining Mental Fitness included 20 webinars and was a huge success with over 5,000 live attendees and more than 12,000 on-demand views.

*“These sessions are amazing. Very few people think about the topics presented in these sessions on a regular basis, yet not giving these topics due treatment can result in directionless, pain-filled lives. Thank you so very much for sharing!”*