

SUPPORTING OPTIMAL COPING WITH THE ANXIETY AND STRESS OF THE COVID-19 PANDEMIC



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WEDNESDAY, APRIL 8, 2020

8:00AM – 9:30AM PT / 10:00AM -11:30AM CT / 11:00AM -12:30PM ET

EVENT WILL BE HELD VIA ZOOM– REGISTER AT:

<https://www.eventbrite.com/e/supporting-optimal-coping-with-the-anxiety-stress-of-the-covid19-pandemic-tickets-101731337168>

Program Offers 1.5 APA CE for Psychologists and 1.5 BBS CEU for Counselors, Marriage and Family Therapists, and Social Workers

Many Americans are reporting anxiety and a sense of stress about the COVID-19 pandemic. The health threat, the disruption of usual schedules and activities, and the lack of control over rapidly changing life-events all are undermining individual's sense of safety and self-confidence. Rapid fire media attention to the global impact of the pandemic is heightening the sense of urgency and threat for the general public. Individuals with pre-existing emotional and psychiatric disorders are reporting exacerbations of their symptoms and usually calm individuals are reporting preoccupation and anxiety.

This webinar will bring together leading mental health experts from North American universities to discuss coping strategies, self-care skills, and lifestyle supports for emotional and physical well-being. The presenters will provide attendees with practical skills applicable for their own lives and also for their patients/clients/students.

The COVID-19 pandemic is a major threat to individuals and communities, with serious health impact and dramatic economic impact. Nevertheless, this threat can provide a useful opportunity for each person to consider current coping and to adopt new self-care habits that will provide a pathway for improved well-being long-term.

Admission: Free. Please note there is limited space available to attend this training live. If you are unable to attend the live training access to the recording will be provided free of charge.

For more information, including presenter bio's, please visit the registration page at: <https://www.eventbrite.com/e/supporting-optimal-coping-with-the-anxiety-stress-of-the-covid19-pandemic-tickets-101731337168>



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