



# 4MIND4BODY LUNCH AND LEARN



## Mental Health Matters

[Click here to register](#)

Wednesday, May 26

11:30 a.m. – 12:30 p.m. CT

One-hour presentation for employees focused on the impact of COVID-19 and social unrest.

Topics include:

- Mental health challenges
- Social isolation
- Grief and loss
- Self-care strategies
- Available resources
- Recognizing signs and symptoms of underlying mental health conditions
- What you can do for others
- Stress, anxiety and depression

## A Safe and Savvy Summer

[Click here to register](#)

Thursday, July 15

11:30 a.m. – 12:30 p.m. CT

School's out for summer! But you can still learn about staying safe and healthy. Get tips on how to keep cool and hydrated in the blazing temps. Find ways to save your skin from biting bugs and scorching sun.

## Suicide Prevention

[Click here to register](#)

Thursday, Sept. 16

11:30 a.m. – 12:30 p.m. CT

As suicide is the 10th leading cause of death in the United States, suicide prevention must be taken seriously. This training program uses lecture and group discussion to raise awareness of the risk factors of suicide and how to intervene if you believe someone is at risk.

Participants will:

- Raise awareness of suicide warning signs
- Identify resources for yourselves and others
- Identify facts and dispel myths about suicide
- Increase awareness of how suicide impacts Lesbian, Gay, Bisexual, Transgender (LGBT) people
- Discuss how depression, anxiety and substance and alcohol misuse impact the risk of suicide
- Discuss how to use QPR model (Question, Persuade, Refer) to intervene with someone at risk for suicide

## Cold Weather Exercise & Stretching

[Click here to register](#)

Wednesday, Nov. 17

11:30 a.m. – 12:30 p.m. CT

Don't let cold weather slow you down. You don't have to stop being active when the weather turns cold. You just have to prepare for it. As a country, we sit a lot – whether it's at work or getting around. This, plus the cold weather, can affect our bodies over time. We'll also go over some stretches you can do sitting or standing. Are you ready to get up and get moving? Join us!

All sessions available **via webinar**. Pre-registration required.

[Click here for more information](#)



#4Mind4Body, Mental Health America

