

# Employee Assistance Program 2022 Webinar Calendar



	THEME	ONLINE SEMINAR	DESCRIPTION
			Seminars can be found on your home page, or you can search for them by title.
JAN	<b>Getting Into the Right Frame of Mind for 2022</b>	<b><i>Reframing Your Way Through 2022</i></b> Available on Demand Starting <b>Jan 18th</b>	Learn practical steps to use positive reframing strategies and guide your way through 2022.
FEB	<b>Honoring Grief and Loss</b>	<b><i>Navigating Through Grief and Loss</i></b> Available on Demand Starting <b>Feb 17th</b>	Discover ways to say goodbye and going through five stages of grief in a healthy way.
MAR	<b>Engagement</b>	<b><i>From Tired to Inspired: Keeping Engaged and Preventing Burnout</i></b> Available on Demand Starting <b>Mar 17th</b>	Learn how to get around burnout, prevent it, and keep yourself engaged in work and personal life.
APR	<b>Finding a Hobby</b>	<b><i>Finding a Hobby: How It Impacts Your Life</i></b> Available on Demand Starting <b>Apr 19th</b>	Understand the importance of having a hobby and how you can start finding one to help you feel happier.
MAY	<b>Getting a Good Night's Sleep</b>	<b><i>Sleep Essentials</i></b> Available on Demand Starting <b>May 17th</b>	Explore strategies to start a healthy bedtime routine to help you reduce stress and improve your wellbeing.
JUN	<b>Exploring Nature</b>	<b><i>Finding Yourself Through Nature</i></b> Available on Demand Starting <b>Jun 21st</b>	Discover the importance of being outside and find your own way to enjoy nature and increase your wellbeing.
JUL	<b>Digital Health</b>	<b><i>Unplugged: Digital Detoxing</i></b> Available on Demand Starting <b>Jul 19th</b>	Find the reasons why we need to do digital detox and learn practical steps on how to start incorporating it into your schedule.
AUG	<b>Self-Care Strategy</b>	<b><i>Self-Care: Better Care of Yourself</i></b> Available on Demand Starting <b>Aug 16th</b>	Identify the ways to implement self-care as a part of your schedule and learn the art of slowing down.
SEP	<b>Open Communication</b>	<b><i>Powerful Ways to Create It</i></b> Available on Demand Starting <b>Sep 20th</b>	Attain the skills to have open and effective communication at work and at home.
OCT	<b>Navigating Holidays</b>	<b><i>Navigating Your Holidays</i></b> Available on Demand Starting <b>Oct 18th</b>	Learn some effective ways to plan, organize, and make the most of your holidays.
NOV	<b>Overtime: Working Caregivers</b>	<b><i>The Sandwich Generation at Work</i></b> Available on Demand Starting <b>Nov 22nd</b>	Find out some practical and effective strategies to balance your work and personal life as the sandwich generation.
DEC	<b>Taking Control of Stress</b>	<b><i>Stress Buster: Managing and Taking Control of Your Life</i></b> Available on Demand Starting <b>Dec 21st</b>	Manage your stress in a healthier way and learn some strategies to take control of your life.

**TOLL-FREE:**  
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