



Self-Care During COVID-19 Webinar Series



Dealing with COVID-19 has caused fear, stress, and anxiety for many people. This FREE series focuses on taking care of yourself by coping with the uncertainty of today and looking into managing your future.

Coping with the Impact of COVID-19 **Wednesday, May 6, 2020 at 10 a.m. EST**

Presenter: Dr. Rhonda Sutton, Director of CALS Leadership Programs at N.C. State University

COVID-19 has had an impact on us all, and continues to cause a lot of stress in our lives. Join us and learn simple ways to cope with stress and anxiety during these unprecedented times.

Please register for **May 6th** session at the following link:

https://zoom.us/meeting/register/tJEld-GrpzgtHdNcfhEQ_IZJnmzgtD4z94Cl

Off-Centered: Self-Management Strategies during the COVID-19 Crisis **Thursday, May 7, 2020 at 1 p.m. EST**

Presenters: Marilyn Godette, LCSW, Behavioral Treatment & Consulting Services and Sharon Locklear, LCSW, Living for Self

At times, have you felt off-centered during this pandemic? If so, this reaction is normal. We are all facing new and unique challenges, it is important to find new ways to work and interact with others, while also taking care of our mental and emotional well-being. This session will offer some practical tips in self-care that are within your power to do.

Please register for **May 7th** session at the following link:

<https://zoom.us/meeting/register/tJEvf-Cuqj8vGNTc4fDwb8gY1PARzrtyGmTG>

What's Next: What Will Our Future Selves Look Like After COVID-19? **Wednesday, May 20, 2020 at 10 a.m. EST**

Presenter: Janet Carlson, Interim Director, Center for Leadership and Organizational Excellence at N.C. A&T

A new conversation has emerged even while we are in the midst of this health crisis and its focus on the future. For most of us, we hope to come out of this experience in a better place. So, how do we do that? How do we prepare for our future state? This interactive and online session will use a map to help us do that internal sense-making, which in turn will inform the question, "Who do I want to BE after C-19?"

Please register for **May 20th** session at the following link:

https://zoom.us/meeting/register/tJMqdOmpzouEtQhwQ2Rrml9nS_-D2CfFsag

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