

Emotional Well Being Seminar

The COVID-19 pandemic as well as many other current events over the last year or two have had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions. Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.

Stress can cause the following:

- Feelings of fear, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, desires, and interests
- Difficulty concentrating and making decisions
- Difficulty sleeping or nightmares
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, alcohol and other substances

Great Lakes/DCM is working with Cigna Health Insurance to offer an Emotional Well Being Seminar. The Seminar will be an hour long starting at 10:30 a.m. on Wednesday September 1, 2021. The seminar will be offered through WebEx and a meeting notice for it will follow this announcement. Anyone registering for and attending the complete seminar will be entered into a drawing for prizes that include a year subscription to the Calm App or gift cards.

Questions?

Email benefits@greatlakesresearch.com.