Mindful Luncheons Webinar Series

Mental Health America of Georgia (MHA of GA) values the health of Georgia residents and has committed to increasing mental wellness throughout the State. Please join us for 7 free mini webinars on reducing stress and implementing wellness strategies. MHA of Georgia does not provide direct services. All content found on www.mhageorgia.org website, including: text, images, audio, or other formats were created for informational purposes only. The webinar content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read or heard from a representative at MHA of Georgia.

Healthy stress increases excitement, motivation and performance. However sometimes stress can become overwhelming and difficult to manage. Managing Stress webinar will educate participants to recognize unhealthy stress symptoms and quick strategies to reduce stress levels. Participants will have the opportunity to engage in Q&A with instructor.

Sometimes we find ourselves in an unexpected event such as a car accident or exposure to mass shootings. When bad things happen will educate participants on understanding and recognizing trauma related symptoms, the impact of trauma on daily living and effective strategies to address bad feelings.

10/9/19 Combatting Unhealthy Thoughts [https://www.eventbrite.com/e/combating-unhealthy-thoughts-tickets-67792590463](https://www.eventbrite.com/e/combating-unhealthy-thoughts-tickets-67792590463)
Life transitions and events can leave us feeling hopeless and helpless. Combatting unhealthy thoughts will teach participants to reframe negative and shameful thoughts of worthlessness and despair as well as recognize suicidal thoughts in our loved ones. Participants will learn how to challenge anxious thoughts.

New job, new parent, empty nester or even first apartment can create worries in our lives that can disrupt our daily living. Managing worry will educate participants on the impact of worry and other distracting behaviors. Participants will learn effective strategies to manage worry and improve mental health.

11/6/19 Depression during the Holidays [https://www.eventbrite.com/e/depression-during-the-holidays-tickets-67792821153](https://www.eventbrite.com/e/depression-during-the-holidays-tickets-67792821153)
The holidays are not always a cheerful time due to loss of loved ones, reminders of traditions past or limited resources. Depression during the holidays will teach participants to recognize signs of depression and effective strategies to combat unhealthy thoughts and journey through the season.

A parent, a supervisor, a leader or a caregiver can often put so many things before self-leading to increase health challenges. Self-care is not Selfish will explore the importance of self-care, how to care for self, before caring for others and releasing the guilt of prioritizing self.

12/4/19 Positive Reflections [https://www.eventbrite.com/e/positive-reflections-tickets-67793204299](https://www.eventbrite.com/e/positive-reflections-tickets-67793204299)
End of year can leave us feeling defeated and desiring a new perspective for the new year. Positive Reflections will help participants to restructure thoughts for the present year, set obtainable goals and focus on ways to manage mental wellness year-round.