

# Stress-busting Strategies!

## Tips and techniques to help manage feelings of anxiety and depression

June 9th, 2020

10:00-12:00

The COVID-19 crisis is causing stress for everyone, and many of us are dealing with feelings of anxiety and/or depression as a result. This presentation will look at anxiety and depression as normal reactions to stressful situations, and will give you some ideas of how you can cope with these feelings.



### Learning Objectives:

Participants will

- Understand that stress is a normal reaction we have when we find ourselves in difficult situations
- Be able to identify feelings of anxiety and depression within themselves
- Learn tips and techniques that can be used to deal with feelings of anxiety or depression

### Speaker:

Jenny Jones, Learning Services Coordinator with Canadian Mental Health Association



### Target Audience

This session will benefit anyone looking to improve their mental health and well-being



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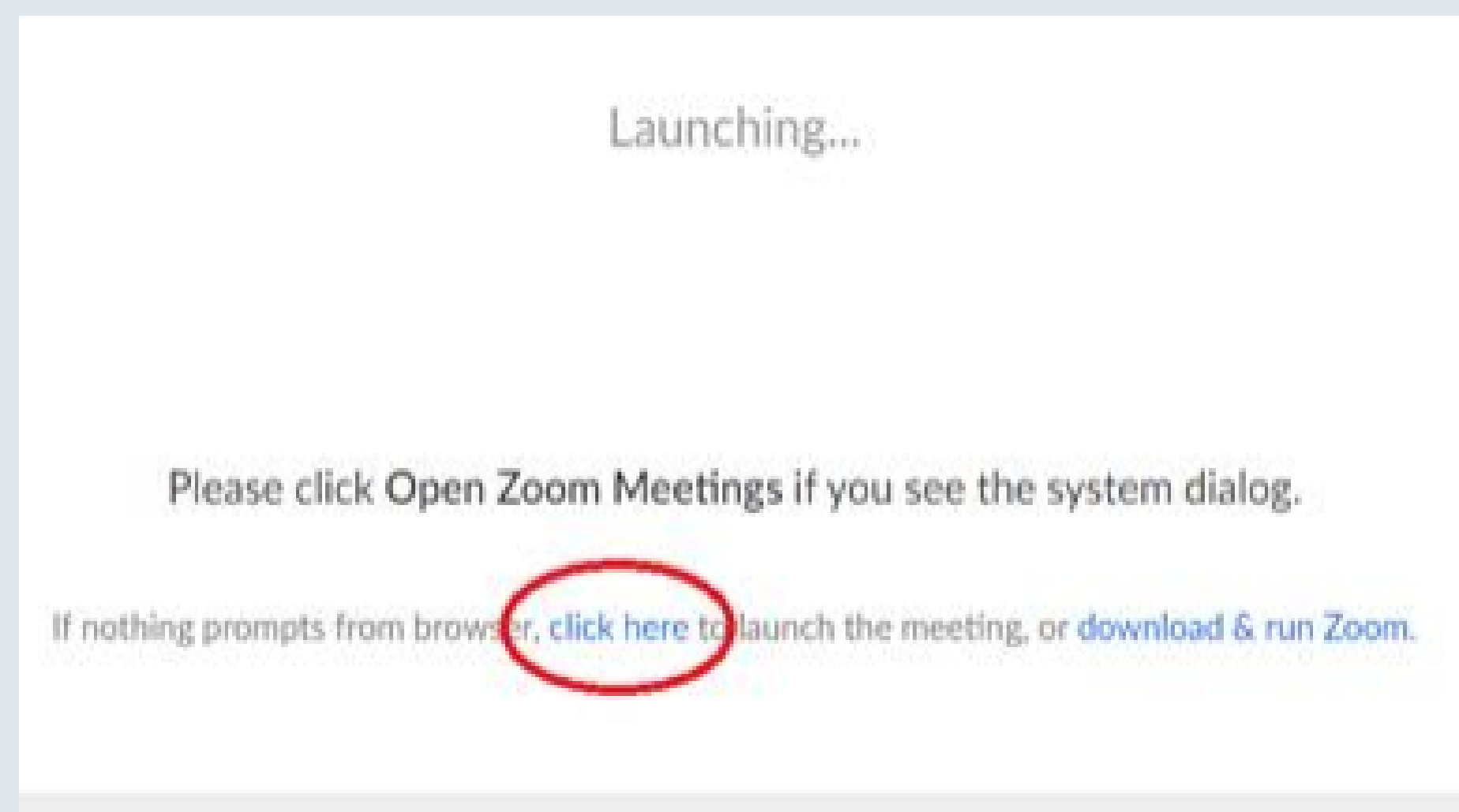
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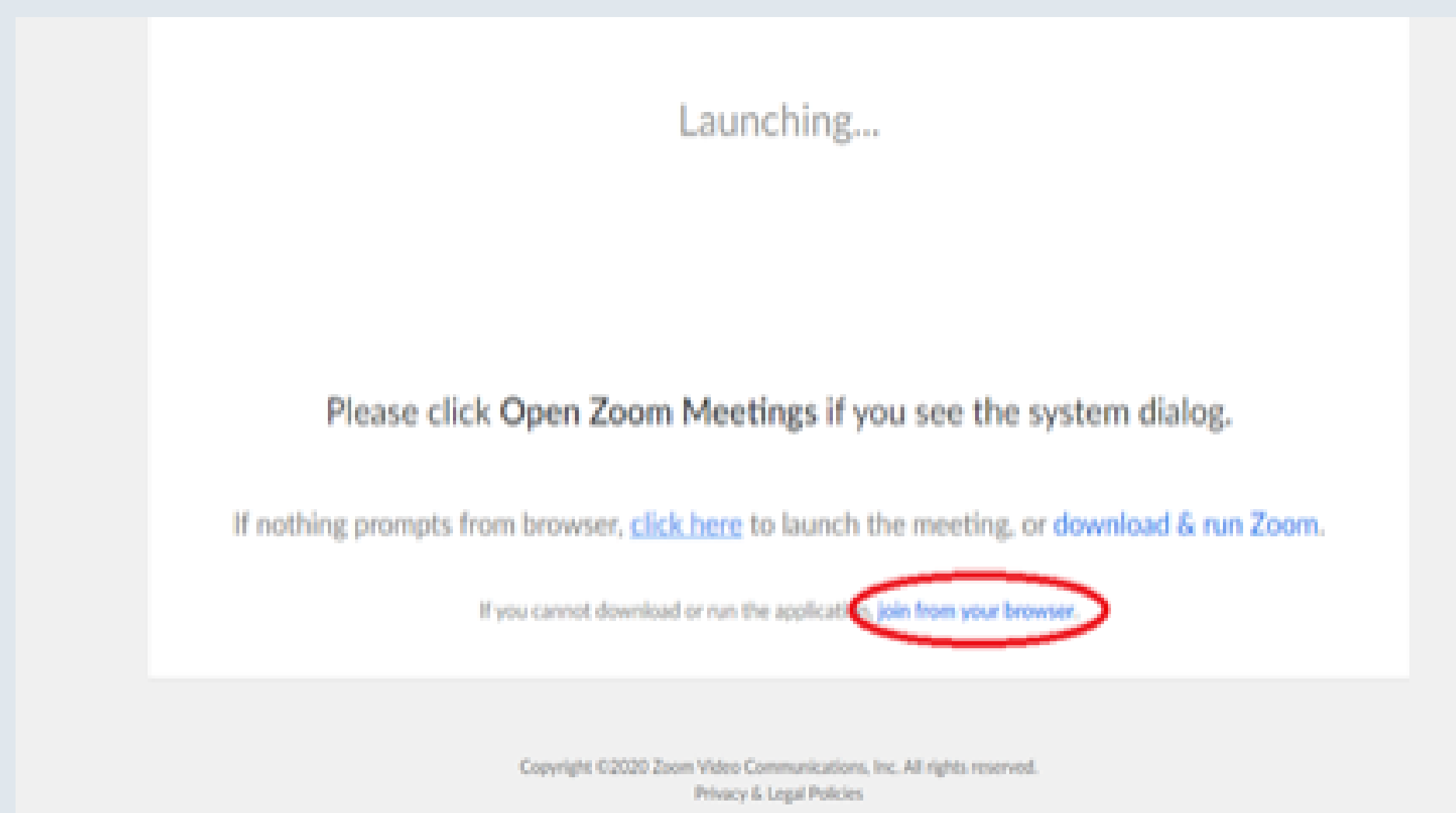
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