



EMPLOYEE ASSISTANCE PROGRAM

"Coping with Anxiety in a World of Negative News"

Atrium Health's Employee Assistance Program is designed to help employees and their families overcome personal concerns and other issues in the workplace and at home to achieve a healthy work-life balance.

We believe healthy, engaged employees are the foundation of a successful organization.

Our free prevention and wellness seminars are designed to help ensure our teammates have access to the resources they need for a happy workplace and a healthy home life.

Goals of the *"Coping with Anxiety in a World of Negative News"* webinar include:

1. Understand common responses to stress.
2. Recognize the effects of distress on the mind and body.
3. Explore strategies to cope with anxiety in the media age.
4. Discover ways to build your resilience.
5. Learn tips for talking to children after a tragedy.

For your convenience this webinar will be held on varying days and times during the month.

Dates	Times
January 29 th , 2024,	10:00 – 11:00 am
January 18 th , 2024,	Noon - 1:00 pm
January 26 th , 2024,	1:00 - 2:00 pm

Advance registration is required, click on the link below and complete the required fields:

<https://forms.office.com/r/pY6ZVFkdCg>

Atrium Health's Employee Assistance Program is designed to help you and members of your family with a variety of personal issues including marital conflicts, job stress, emotional, alcohol and drug problems and difficulties with children. If you or a family member needs help, contact the Atrium Health Employee Assistance Program at **704-355-5021** or **800-384-1097**.

