

Activate Your Healthy Mind—Healthy Body

Kaiser Permanente is offering a 4-part, no-cost webinar series designed to help you combat stress and build resilience.



Finding a healthy pace at work and home is more important than ever to manage your energy and avoid burnout. Please join us to explore practical ways to build more balance into your everyday routine.

Self-Care Strategies for a Healthier Life

Monday, September 18, 2023

Noon to 1 PM Pacific Time

Self-care is essential for anyone seeking to live a more balanced life. You will focus on four ways to improve your SELF care: Sleep, Exercise, Love and Food. When practiced daily, these simple to follow SELF care strategies will support your improved health and well-being.



Building Balance

Monday, November 06, 2023

Noon to 1 PM Pacific Time

Finding a healthy pace at work and at home is more important than ever to avoid burnout. Discover how workplace culture, connection, practicing compassion and taking small steps to practice self care can reduce burnout and help increase motivation, feel purposeful, passion-driven and engaged.

Managing Your Mood

Monday, October 16, 2023

Noon to 1 PM Pacific Time

Emotions affect how you see yourself, the world and how you deal with stress. Emotions can also affect you physically. You will learn strategies to help you tune into your emotions and identify self-care practices for managing your mood and stress in a positive way.



The Science of Happiness

Monday, December 11, 2023

Noon to 1 PM Pacific Time

Discover how positive psychology and practical strategies can nurture your own happiness. You will learn concepts and evidence-based practices such as kindness, empathy, gratitude, and awe that foster social and emotional well-being.

REGISTER TODAY

