



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington

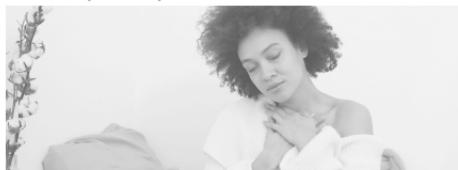
MAINTAINING GOOD MENTAL HEALTH

A webinar series highlighting tips and strategies to support the mental wellness of you, your family and your friends.

Self-Care During COVID 19

May 3, 2021

12pm - 1pm



Coping with Isolation and Loneliness

May 5, 2021, 9am - 10am

Challenging Negative Thinking

May 6, 2021

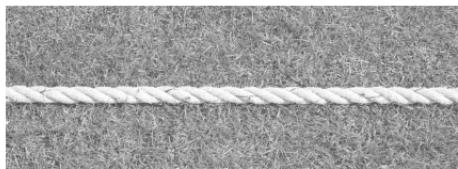
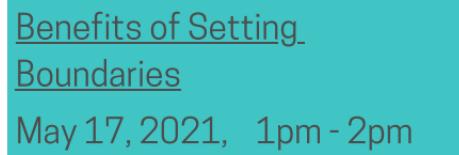
10am - 11am



Managing Stress

May 7, 2021

11am - 12pm



Understanding Mental Health

May 20, 2021

1pm - 2pm

MAINTAINING GOOD MENTAL HEALTH

May 2021 - Schedule

Self-Care During COVID

May 3, 2021 - 12pm - 1pm

The COVID-19 pandemic has changed how we live, work, connect and also how we manage our stress levels through self-care. We are unable to engage in the activities we normally would, such as going to the gym, spa, out for lunch with a friend, playing organized sports or engaging in a bit of retail therapy. Self-care is essential in order to maintain good mental health. During this webinar we will discuss self-care strategies that we can engage in despite physical distancing restrictions.

https://us02web.zoom.us/webinar/register/WN_XUDerYY3QSCm3_t2P5-uPQ

Coping with Isolation and Loneliness

May 5, 2021 - 9am - 10am

Loneliness is something that can affect anyone. Whether it is due to isolation, or feeling like we don't fit in, feeling disconnected from others can influence our sense of well-being. Sometimes our thoughts, feelings and fears can keep us stuck in a negative pattern that can impact our mood and ability to engage with ourselves and others. In this webinar we will look at some quick and easy strategies to help us cope with some of those feelings and behaviours to help us feel more connected.

https://us02web.zoom.us/webinar/register/WN_DYag3egTZeEGGdht5AQcg

Challenging Negative Thinking

May 6, 2021 - 10am - 11am

Getting caught in a cycle of negative thinking can seriously impact our mental well being. In this webinar, we will learn to recognize different thought traps that we all tend to fall into, as well as strategies we can use to escape them. We will explore the difference between being reactive, and being responsive and how we can practice challenging ourselves when our thoughts are unhelpful.

https://us02web.zoom.us/webinar/register/WN_7jxlnLOS1-9dwOoZBPw-Q

MAINTAINING GOOD MENTAL HEALTH

May 2021 - Schedule

Managing Stress

May 7, 2021 - 11am - 12pm

Stress is a normal response to situational pressures or demands and is part of our everyday lives. How we do or do not respond to those stressors will determine whether we have a relatively healthy life, or potentially become burdened with illness and disease. During this session we will discuss the role stress and stress hormones play in our body, and the impact prolonged stress can have on our overall health and wellness. We will explore the various signs and symptoms (physical, emotional, cognitive and behavioural) of chronic stress, and review a variety of strategies that we can apply to reduce the impact of stress in our lives.

https://us02web.zoom.us/webinar/register/WN_I-aX1C00RdCNuEsRrDaWxw

Family Education Series: The Benefits of Setting Boundaries

May 17, 2021 - 1pm - 2pm

Personal boundaries are guidelines, rules or limits that a person creates to identify reasonable, safe and permissible ways for other people to behave towards them and how they will respond when someone passes those limits. Setting boundaries is essential for both physical and emotional health. Recognizing the need to set and enforce limits helps to protect your self-esteem, maintain self-respect, and enjoy healthy relationships. Unhealthy boundaries can cause emotional pain that can lead to dependency, depression, anxiety, and even stress-induced physical illness. Boundary-setting is the ability to notice what you need and to make sure it happens for yourself, by assertively communicating your wishes. Do you find yourself saying yes when you really want to say no? Keep silent when others mistreat you? Do something against your will in order to keep the peace? If you answered yes to one or more of these questions please join us for a step by step guide to setting healthy boundaries.

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For more information, contact
education@cmhaww.ca

MAINTAINING GOOD MENTAL HEALTH

May 2021 - Schedule

Understanding Mental Health

May 20, 2021 - 1pm - 2pm

This session is a great overall view of mental health, mental illness, signs, symptoms and how to access support. You will learn how to be aware of your own mental health but also those around. Join us to feel more confident in your knowledge of Mental Health.

https://us02web.zoom.us/webinar/register/WN_yvLY4_HSTPuOcLOQHvmE4g

Visit www.cmhaww.ca/events to view all upcoming events, webinars and workshops.



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