

# ANXIETY REDUCTION and SELF-CARE

**August 10th:  
Lunch and Learn option Noon to 1:00 PM**

**August 17th: 6:00 to 7:30 PM**

**August 18th: 6:30 to 8:00 PM**

**August 23rd: 6:00 to 7:30 PM**

**Hosted by Project Recovery Iowa and a virtual training option.**

As we reflect on the past two-plus years living with the pandemic, there has been disruption, uncertainty, and prolonged exhaustion which may have impacted your emotional wellbeing.

Across the Midwest levels of anxiety and depression have remained three times higher than pre-pandemic levels. As we continue to better understand the impact of prolonged ups and downs in our lives, we want to help you look at strategies to assist and help those who are especially vulnerable. This training will help you learn how you can support healthy dialogue, address stigma and promote emotional wellbeing.

## LEARNING OBJECTIVES:

- Discuss how the pandemic and other disasters experienced over the past two-plus years has emotionally impacted you and your community.
- Assess your ability to promote a meaningful mental health literacy strategy in your workplace or community
- Participants will be coached on strategies to prevent burnout, manage feeling overwhelmed, by engaging in healthy activities that may rejuvenate you.

If you would like to register for this training –  
please email [khyatt@dhs.state.ia.us](mailto:khyatt@dhs.state.ia.us) or call 515-601-7899.

