EAT, LEARN & GROW

Virtual Sessions

Stress During the Holidays:
Maintaining Balance and Stress Resilience
08 December | 1100-1230

Are you feeling stressed? This presentation will help you manage the impacts of holiday stress so that you can enjoy the season! This presentation will teach you how to cope with the impacts of holiday stress and find the tools to build resiliency so you can get through the many demands of the season. During this session, great tips and open communication will help focus on maintaining balance and building stress resiliency.

Coping with Transitions
12 January | 1100-1230

Having trouble coping with the different transitions in your life, such as work, parenting, adjustment, or daily transitions? Participants will look at the common struggles people have in dealing with transitions and personal guidelines for smoother transitions. This session will assist in gaining helpful tips for managing change.

Principle of Healthy Relationships and Marriages
09 February | 1100-1230

Want to enhance your relationships? This presentation will focus on relationships and the healthy components of marriages and intimate relationships. You will receive tools and tips on how to develop healthy relationships and maintaining a healthy marriage.

Balancing Work, Life and Command
09 March | 1100-1230

Life, Family and work can easily throw a person out of balance or feel stretched thin. In this presentation, participants will learn the unique stresses of responsibility and methods of managing stress. The session will assist with finding a balance between career and family.

To register for each session, call 301-981-7087 or email tianne.travis@us.af.mil. A Zoom link will be provided to all participants.