

John Muir Health Employer Mental Health Series 2023

The John Muir Health Behavioral Health Team can create a customized presentation for your employee population. Here are just a few topic ideas:

- **Burnout – What Can you Do?** According to the World Health Organization, burnout results from “chronic workplace stress that has not been successfully managed” – learn more about this, and ways to successfully manage.
- **Discover the Mind/Body Connection** – Explore the mind body connection and how it relates to overcoming life’s constant changes.
- **Fireside Chat about Contemporary Mental Health Topics** – a casual conversation about what’s new in mental health.
- **Helping Teens Cope with Stress** – Children and teens are not immune to the stressors of the covid-19 pandemic. Learn how you can help your children with healthy coping mechanisms for life’s stressors.
- **Managing and Conquering Anger and Frustration** – Exhibiting inappropriate anger can be a damaging characteristic to one’s overall health & wellbeing. This class teaches different anger management skills and helps to cultivate a happier and more productive life.
- **Managing Insomnia** – Discover ways to successfully conquer chronic insomnia and sleep deprivation. This class is designed for those who have trouble getting to sleep or sleeping through the night and do not have a medical sleep disorder.
- **Mindful Eating** – Not only can mindful eating help you lose weight, it can help you overcome other eating dependencies and triggers. Learn what these might mean for you, and practical tools to overcome them.
- **Opioid Misuse and Other Coping Mechanisms** – This seminar covers what opioids are, why prescribe them, non-opioid methods of pain control, the evolution of the crisis, dependency vs. addiction, treatment, opioids and the workplace, and much more with a focus on coping mechanisms.
- **Strength Under Stress (Seminar)** – This seminar will cover the basics of Acceptance and Commitment Therapy, which helps you focus your choices on movement toward a more valued and personally fulfilling life, and reduce your psychological suffering.
- **Strength Under Stress (Workshop)** – Developed by the care team at John Muir Health’s Behavioral Health Center, this 4 week onsite or virtual workshop, provides participants with highly innovative and powerful tools to help overcome the challenges of anxiety.
- **Wonders of Guided Imagery** – Guided imagery meditation is a gentle but powerful technique that focuses and directs the imagination in proactive and positive ways.

Additional Seminars and Webinars Can Be Developed Upon Request. Please contact us for more details.

Contact Sharon Jenkins:
sharon.jenkins@johnmuirhealth.com
(925) 941-4031

Employees are eligible to participate regardless of their health plan or provider. John Muir Health acts as a third party, ensuring participant privacy and trust.

