

Self Care Be a Wildflower Recorded Training



Be a Wildflower: Self-Care

It's easy to neglect taking care of ourselves because when we're busy and overwhelmed, even a few minutes of self-care feels like a luxury. Taking time to improve our mental and physical health is vital to navigating these uncertain times in our lives. In this training, participants will learn:

- The importance of connection with ourselves and others
- Techniques to help with anxiety
- How to stop negative thinking
- Healthy Habits

<https://www.brainshark.com/uhc/Wildflower>

The duration of this content is 00:21:39.



*For more information or to make a confidential appointment with an EAP counselor, call Behavioral Healthcare Options at **800 873-2246***

