

Mental Health Awareness Month 2024 – Where to Start

COMPLIMENTARY WEBINAR SERIES

While society is getting more comfortable discussing mental health, it can still be hard to know where to start when it comes to taking care of your own well-being. Throughout May, the Johns Hopkins Employee Assistance program is offering **3 complimentary webinars** to help build your coping toolbox, so you know where to turn regardless of the situations you're dealing with. Please register for the sessions of your choice

Tools for Today

Friday, May 10th @ 3:00pm – 4:00pm ET
Click [here](#) to register.

Looking for ways to prioritize your mental and physical health? In this session, participants will learn self-care best practices and gain tools for personal fulfillment including mindfulness, healthy eating, sleep routines, socialization, and more.

Setting Boundaries

Wednesday, May 14th @ 1:00pm – 2:00pm ET
Click [here](#) to register.

In today's "always-on" environment, setting respectful boundaries is crucial to being successful and avoiding becoming overwhelmed. In this session, participants will learn practices for delegating, managing expectations, and staying consistent to achieve the personal and professional balance they desire.

Practicing Self-Compassion

Wednesday, May 22nd @ 12:00pm – 1:00pm ET
Click [here](#) to register.

It isn't always easy to show ourselves the same compassion we show others, but research has found that self-compassion helps us be less self-critical, which in turn decreases stress, increases resiliency, and improves life satisfaction. In this session, participants will learn the components of self-compassion and gain tools for turning their inner critic into an inner friend.

The Johns Hopkins Employee Assistance program (JHEAP) can help you and those you care about connect to professional counseling for any issue that's on your mind. Access is free, confidential, and 24/7.

