



Offering help with life's challenges, Well-Being Solutions - your Employee Assistance Program, presents interactive webinars to give you guidance, direction, and insight into situations where you may need a little help.

These webinars are FREE to you, your dependents, as well as any household member. So take advantage and learn how you might help yourself and your loved ones.

Dinner And A Webinar - we provide a healthy and easy recipe so you can spend your evening with us enjoying a healthy meal and an informative webinar.



Thursday
June 2nd
10:00 AM

Emotional Eating: The Connection Between Mood and Food

Overview- Our population is becoming increasingly obese, with sedentary lifestyle, high caloric foods, stress, and even sleep deprivation contributing to the issue. We will address the relationship between emotions and food consumption, and how to recognize hunger cues of emotional eating.

Objectives- Define "emotional eating"; describe triggers, consequences, and strategies for combating emotional eating; describe self-talk, use of food/emotion journals and visualizations; discuss incorporating stress management techniques and personal action plans; identify hunger signals and barriers to adopting new eating strategies.



Tuesday
June 7th
6:00 PM

Teenage Rebellion

Overview- "Teenage rebellion" can induce a range of emotions, as well as actions like skipping classes and missing curfew to running away from home, abusing drugs and engaging in other very dangerous activities. In almost all cases parents are left feeling helpless and frustrated, looking for answers to the question: How can I regain control of my child?

Objectives- Discuss healthy and unhealthy causes of teenage rebellion; describe the difference between "normal" rebellion and truly dangerous behavior; identify "do's" and "don'ts" for parents; discuss appropriate approaches to discipline and ways to become more involved so one can identify major problems early.



Thursday
June 16th
10:00 AM

Are You Financially on Track for Retirement?

Overview- One of the top financial goals for individuals and couples is to be financially secure in retirement. This goal can't be planned for in the last few years of work. Goals and milestones must be set throughout the different stages of life.

Objectives- To understand the importance of establishing a specific, measurable retirement financial plan; determine if you are on track to reach the retirement target you have set; recognize the tax advantaged savings plans available; and more.



Tuesday
June 21st
6:00 PM

Mindfulness: Being Present in Your Work and Life

Overview- Mindfulness is complete engagement in the present moment, without thought or judgment, but instead simply experiencing. Most are unaware of their present moment and often operate on "auto-pilot". Learning mindfulness is not difficult, however, it is difficult to remember to do it. This training discusses mindfulness and how to incorporate its practice into your life.

Objectives- Identify the seven components of mindfulness; describe benefits of developing mindfulness and results of improved concentration like improvement of quality of relationships, greater emotional control and a reduction in impulsive actions; identify ways of practicing mindfulness in your life, methods, and how to practice incorporate mindfulness in everyday activities.



Thursday
June 30th
10:00 AM

Understanding How Your Emotions Impact Interactions With Older Loved Ones

Overview- Many emotions arise as our loved ones' age, which include anger, fear, sadness, resentment and hope. For healthy interactions with older adults, we need to be aware of what our emotions represent. When we haven't fully processed our feelings, they can come across in negative ways, as negative behaviors, thoughts or language.

Objectives- Discuss the impact emotions can have, and how to communicate more effectively; learn to interact with your older loved ones in a more effective manner and how to communicate your thoughts and feelings more successfully with older adults; learnt how to engage in self-care to support your mental, emotional and physical well-being.

See attached recipe(s) to make attending a little easier!

Missed a webinar? No problem. The Employee Benefits Bureau has archived every offered webinar so you don't miss out! You can find them on our website, or [click here](#).

Well-Being Solutions

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