

# Stress-Management & Relaxation Technique Resiliency Workshop

This FREE, live, interactive and virtual workshop is facilitated by certified American Red Cross mental health volunteers.

## Workshop Topics

- Managing the stress of isolation
- Multitasking and working from home
- Supporting children
- Managing health and career interruptions
- Defining stress and recognizing the impact
- Healthy communication
- Learning relaxation exercises
- Setting goals for building wellness plans
- Getting healthy sleep
- Finding a positive perspective
- Practicing gratitude



Service members,  
Veterans and their  
families are welcome!

Contact Josh Starrett  
for more information  
[Joshua.starrett@redcross.org](mailto:Joshua.starrett@redcross.org)  
303-607-4755

