Navigating Uncertainty & Self-Care:

A MindSculpt Class for Guahan Academy

Wednesday, May 28th - 7:45 AM ChST

In an ever-changing world of news, current events, tragedies & personal issues arising, the need to protect our mental health through it all is critical.

This class was created for that very purpose, with knowledge & countering strategies at the forefront.

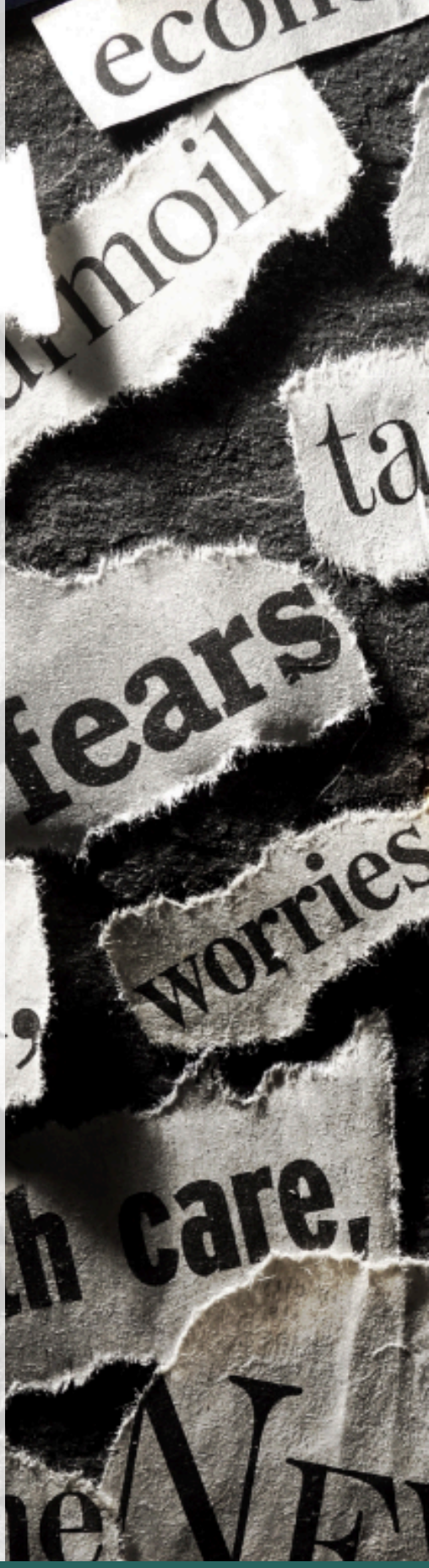
In this therapist-led session, we'll explore:

- How news consumption & events can impact us,
- The importance of boosting internal optimism to counter the uncertainty of those events,
- Therapist curated strategies for fighting back,
- Guided activities on exploring our emotional reactions to situations, with a mindful approach

We hope you join this anonymity-optional team event!

No Registration Required

RSVP to the team calendar invite



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