



UNIVERSITY SYSTEM
of MARYLAND

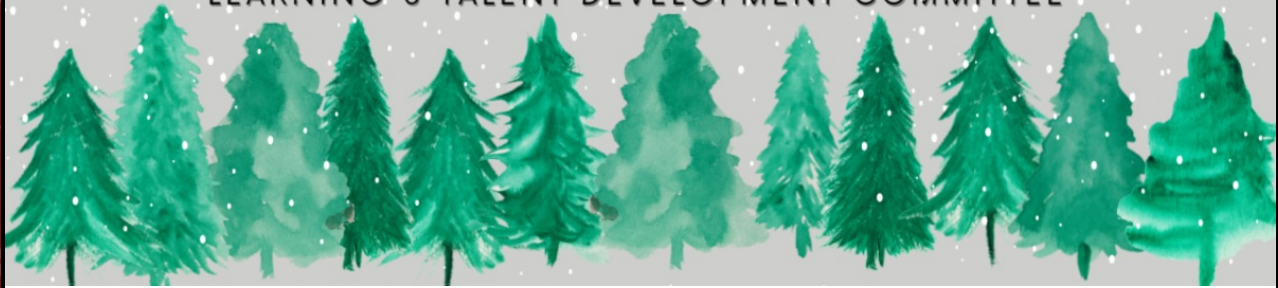
Learning & Talent Development
Committee



UNIVERSITY SYSTEM
of MARYLAND

Winter Wellness

BROUGHT TO YOU BY THE UNIVERSITY SYSTEM OF MARYLAND
LEARNING & TALENT DEVELOPMENT COMMITTEE



Please join the USM Learning & Talent Development Committee for

WINTER WELLNESS | 2022

Free Workshops All Day on Tuesday, December 20, 2022

[Click to view the Schedule](#)

How to Register

Click a workshop title to register. Once registered, all information on joining the webinar will be sent directly to the registrant's email.

Recordings

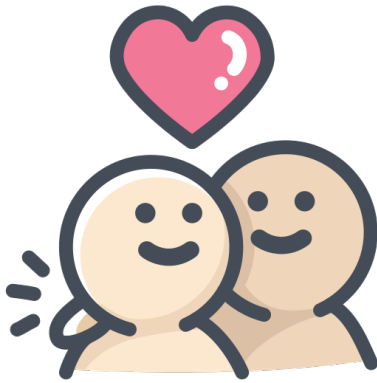
Unable to attend the live webinar? Following each session, the registration links below will become links to the recorded webinar.

Workshops



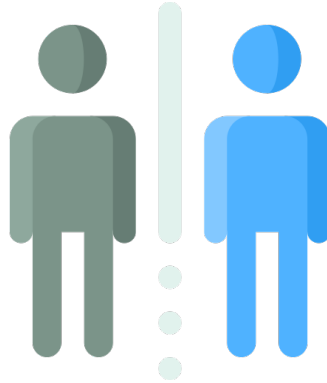
Using Guided Imagery for Wellness and Stress Reduction

Guided imagery helps people mentally focus on pleasant images that encourage relaxation, utilizing the connection between body and mind.



Communicating Without Conflict With Your Significant Other

Communication reinforces trust and acts as a method by which you can share your problems, frustrations, fears, anxieties, hopes, and successes.



How to Deal with a Difficult Person

We have all dealt with a difficult person at one time or another. Recognizing and coping with common challenging behaviors in ourselves and others can help make difficult encounters much more manageable.



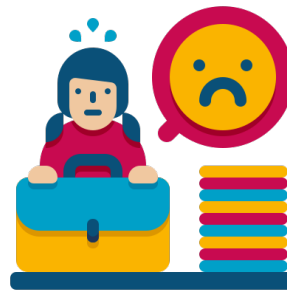
The Sandwich Generation: Balancing Your Personal Life With the Needs of Your Older Parents or Loved Ones

This workshop provides an overview of information to help the participant cope with their personal life while dealing with their elder's needs.



Learning to Say "No"

This workshop will address the skills involved in learning to respectfully say "no" to build and maintain healthy self-esteem.



Managing Holiday Stress

This workshop overviews everyday stressors people encounter during the holidays and offers "stress buster" tips to help you enjoy the season's possible enjoyment.



Time Management Tools: To-do Lists, Calendars, Smartphones, and More

Sort through the tools available to help you organize your life and pick the ones that will work for you.



Responding to Behavior That Makes You Feel Uncomfortable

This course examines the nature of unwelcome conduct, how and why we respond the way we do, and offers insights into how we can be prepared to react effectively when confronted with undesirable behaviors.



Feeling Stuck? Practical Ways to Get Yourself Going Again

We'll discuss some simple but powerful questions to ask yourself to help you get "unstuck." The benefits of asking each question will be addressed, and participants will be able to try responding to all of them.



Coping With Compassion Stress

This training will raise awareness of the need to maintain appropriate self-care despite work demands and home life pressures. In addition, the course will offer tips to encourage self-care to maintain a high level of functioning personally and professionally.



Resiliency: Bouncing Back After a Setback

This workshop will examine the characteristics of resilience and discover ways to introduce more excellent stability into our lives.



Communication Skills for Families

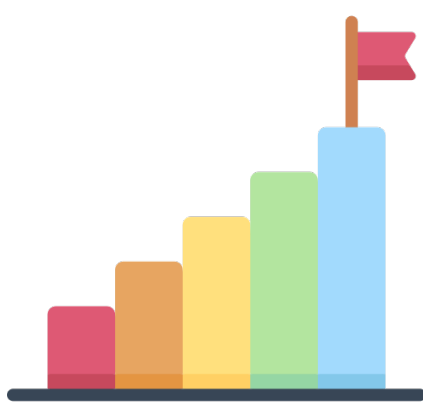
It takes more than physical and verbal abilities to communicate. It takes energy and the ability to offer support and demonstrate understanding and compassion when sharing with your family.



Emotional Eating: The Connection Between Mood and Food

This workshop will address the relationship between emotions and food consumption and how to retrain your body and mind to recognize hunger cues and eat for physiological and not emotional reasons.

Where are you going? Goal Setting for Personal and Professional Success



A life without goals is like a road trip without a map. By knowing precisely what you want to achieve, you are less likely to get lost and will be happier and less frustrated.

These workshops are presented by the Employee Assistance Programs of Coppin State University, Salisbury University, University of Maryland Center for Environmental Sciences, University of Maryland Global Campus, University of Maryland Baltimore County, and the University System of Maryland Office, provided by ComPsych® GuidanceResources®.