

# 2023 Mental Health Wellness Webinars

Human Resources is hosting a webinar series that will cover a variety of mental health topics. These webinars will be presented by experts from ComPsych, DePaul's EAP provider, and are offered exclusively for all employees at DePaul. **Participation is confidential.**

Visit the [Human Resources website](#) for registration links and recorded sessions.

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## Mental Health Awareness Monday, February 6, 2023

### Overview/Description:

At one time or another, everyone experiences symptoms of mental illness. Too frequently the response to such symptoms in the workplace is confusion, fear, judgment, avoidance and outright rejection. This leads to a worsening of symptoms and a deterioration of performance. This training is designed to reduce the stigma associated with mental illness and to promote ways of supporting one another in the workplace. The session will address signs and symptoms of distress and effective ways of providing support for co-workers. The training also will include exercises to develop these skills.

### Target Audience:

Employees interested in gaining a better understanding of mental health and supporting one another

### Objectives:

- Understand the universality of mental health issues in the workplace
- Recognize the most common symptoms of mental illness
- Identify the most common unhelpful reactions to symptoms, why they occur and how to avoid them
- Identify ways of expressing compassion and support to a distressed co-worker
- Recognize the warning signs of suicide
- Become familiar with "Ask, Agree and Arrange" intervention
- Identify support services and resources for all employees

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## Loneliness and Social Isolation in Today's World Tuesday, March 7, 2023 – Noon to 1 p.m.

### Overview/Description:

Despite living in a world with instant electronic access to friends, family and all manner of online social networks, the rates of reported loneliness and social isolation have been steadily increasing. Loneliness and social isolation substantially impact not only psychological well-being but physical health as well. Loneliness is now considered a health risk factor on par with cigarette smoking. This training will address the possible reasons for loneliness and identify actions participants can take to increase their emotional connection with others and decrease the risk of social isolation.

**Target Audience:**

This training is appropriate for anyone wishing to better understand the dynamics and impact of loneliness on well-being and identify ways to increase connections with others.

**Objectives:**

- Understand the psychological and physical impact of loneliness and social isolation
- Describe potential causes for loneliness
- Identify the fundamentals of satisfying personal relationships
- Describe ways to enhance emotional connection with others
- Describe strategies to reduce social isolation

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**Work and Life Balance in a Work-From-Home Environment****Wednesday, April 5, 2023 – Noon to 1 p.m.****Overview/Description:**

Working from home can offer a lot of flexibility but can also present challenges not experienced in an office environment. Competing disruptions, different routines, and a nagging feeling to open that laptop after hours can lead to negative feelings. This session looks at the benefits of formulating a work-from home plan in order to achieve the optimal level of work-life balance.

**Target Audience:**

This workshop is for people who work from home and want tips and tricks to better manage this sometimes tough task.

**Objectives:**

- Understand ways in which working from home differs from a traditional setting
- Describe obstacles and examine best practices to work around them
- Recognize the importance of building a routine and structure that works for you
- Discuss how communication with your partner, kids, co-workers and boss can boost your work-life balance

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**Languishing, Flourishing and Your Mental Health****Thursday, May 11, 2023 – Noon to 1 p.m.****Overview/Description:**

Over the past few years, employees have been asked to do more, do their work differently and do better in new and challenging ways, all while managing family life and personal responsibilities that seem never ending.

The feeling of languishing or “will this ever end?” abounds throughout the workforce and can have a huge impact on your mental health. Working on our mental health need not be reserved just for those who are in crisis or who are faced with an official diagnosis: Mental health matters for everyone. This interactive session provides more details and helpful ideas on how to move from languishing through work and life to flourishing.

**Target Audience:**

Anyone coping with stress or worry or feeling stuck in a rut.

**Objectives:**

- Understand the concepts of languishing and flourishing
- Reflect on your current mental wellness status
- Describe three concrete approaches to move from languishing to flourishing
- Identify and action plan to implement within the next 30 days to move toward flourishing

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**Tools to Handle Stress****Friday, June 9, 2023 – Noon to 1 p.m.****Overview/Description:**

This Stress Management course focuses on specific, practical activities to reduce stress. Whatever happens to be causing your stress, these techniques can help you cope.

**Target Audience:**

Anyone who would like to review some common stress reduction techniques that they may not have tried in awhile.

**Objectives:**

- Being Accountable: We often have choices we can make to reduce the causes and impact of stress.
- Engaging in Hobbies: We may be able to prioritize activities that renew us.
- Remembering Past Successes: We can focus on how we have survived previous stressful situations.
- Taking Breaks: Stepping away from a stressor can help us return to it in a more effective way.