



HILL ELEMENTARY PTA PRESENTS:

NAMI Of Central Texas

The National Alliance on Mental Illness

MANAGING STRESS: STRATEGIES & PRACTICES FOR NAVIGATING COVID-19

The current global pandemic is creating a wave of stress and anxiety in our homes and community, and chronic stress has been shown to compromise our immune system. So, it's important for your team to recognize how stress manifests itself and adopt strategies and practices that can help them navigate stress in the healthiest way possible. This interactive session offers some practical ideas individuals can share with friends, family, and colleagues as we all strive to get through this challenging time together.

January 21, 2021 at 4:00pm

Zoom Link to Follow