



## Anthem’s Resiliency in the Workplace Series

### Join us for Part 2

as we discuss Resiliency and Thriving:

### Ways to Effectively Cope with Stress & Build Resiliency

During stressful periods, it can be tempting to ignore our most basic needs and push ourselves until we are exhausted. And when it’s time to take care of ourselves, we are likely to do the opposite.

Join us as we learn ways we can foster self-care focusing on factors that decrease stress and anxiety and discover skills that build a sense of calm and restoration.

We will also discuss resources available to employees.

Presenter Stephany Sherry, Health Promotion Manager from Anthem BCBS.

\*Note: This program is available to all employees.

Date: Thursday, May 19, 2022

Time: 12:30pm – 1:30pm

To register email Employee Wellness

at [employeewellness@fultoncountytga.gov](mailto:employeewellness@fultoncountytga.gov)