

Carebridge Webinar **Control Your Thoughts,** **Control Your Stress**



Frequently, stressful events in our personal and work life are associated with distorted or misdirected perceptions of these events. Thoughts of fear, uncertainty and anxiety can be especially present during a pandemic. Learn to examine events in your life and to challenge the stress associated with them. This presentation will assist participants in identifying the most common forms of distorted thinking that lead to feelings of irritation, frustration, and fear. Participants will acquire skills to challenge these thoughts and to replace them with more realistic self-talk.

Date/Time:

Thursday, April 23, 2020
12:00pm – 1:00pm ET

Click to Register:

https://carebridge.zoom.us/webinar/register/WN_iLqFrWbZSEGpTLE7dZWCfQ

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