



Keep Calm and Carry on: Your Mental Health & Wellbeing During COVID-19

- Discuss how to manage anxiety and stress during COVID-19
- Identify ways to maintain your health and wellbeing
- Recognize the importance of managing mental health conditions and how to get help if you need it
- Examine practical techniques for working from home
- Discuss tips for managers on working with remote employees, helping limit employee stress and how to focus on productivity
- Review Birmingham Water Works' BHS benefits

Date: April 22, 2020

Time: 1:00 p.m.

Location: Webinar

Registration: Link: <https://tinyurl.com/tleyboq>

Meeting ID: 997 3077 3075

Password: 35209

Dial In: +1 646 558 8656

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