TOOLBOX TO FIGHT HOLIDAY STRESSORS

A Virtual Safe Place To Give and Get Support

Keeping balance in our work and home lives can be a struggle for the best of us, especially when the boundaries between the two have become even more blurred. Technology has made everything more accessible, and a pandemic has meant all kinds of adjustments.

Here comes Santa Claus! Let’s throw in the stress of the holiday expectations, maybe some pressure or burnout at work, end of the year due dates, possible relationship challenges, travel or encountering some depression, anxiety, and grief/loss, but you’re not alone.

Join your colleagues in this virtual safe place that’s practical, constructive, and helpful. You’ll have encouragement in creating and maintaining well-being during the holiday season and learn more about coping through shared experiences unique to the legal profession.

- Six-Week On-line Group
- Tuesdays, Starting November 30 at Noon
- Topic Themes Including:
  - Our profession out ranks others in levels of stress, depression, and indicators of well-being. Why?
  - Recognizing the Stressors
  - Coping Mechanisms for Well-Being
  - Shared Experiences Unique to the Profession
- Sponsored by the State Bar of Nevada at No Cost to Members
- Make Reservations Confidentially: https://tinyurl.com/n6e3yj66
- Questions - Email: info@redrockcounseling.com  Call: 702-389-4500