



Experience Zen as a Lifestyle: A Path Towards Mindful Self-Care

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Target Audience

This workshop has been planned to empower mental health professionals, school counselors, marriage and family counselors, substance use professionals, social workers, psychologists, and any other professionals interested in authentically shifting from personal burnout, chronic stress and pain to optimum health, internal healing, and overall well-being.

Description

As healthcare professionals, we have faced the brunt of the COVID-19 pandemic. While nearly everyone has been adversely affected during this difficult season, our occupations put us under an elevated amount of stress. Not only do we have to maintain our physical health, we must also preserve our mental health as well. A stable internal atmosphere permeates even the most chaotic external environments. Experience Zen as a Lifestyle; A Path towards Mindful Self-Care was designed to help you face pressure with ease and avoid introducing dysfunctional behaviors into your routine.

Faculty

Jill White-Huffman, MS, MFT, LPC, NCC

Webinar Information

This webinar will be broadcast with Zoom. Instructions to join the webinar will be emailed prior to the event. You can test your computer by going to the [Zoom Test Page](#).