

SELF-CARE IS NOT SELFISH. TAKE TIME TO CARE FOR YOURSELF.

Join us for a 2-week Self-Care Webinar Series offered to support the health and well-being needs of UCI Health staff, faculty, and residents.

All webinars will be offered live from noon to 1:00 p.m.

Registration required. Unable to attend the live webinar? Following each session, the registration links will become links to the recorded webinar.

UCI HEALTH SPECIFIC	
Monday, June 20	Managing Anxiety & Worry
Tuesday, June 21	Coping With Compassion Stress
Wednesday, June 22	Hobbies for Mental & Physical Health
Thursday, June 23	Healthy Food Choices On The Go
Friday, June 24	Happiness: A Key to Life's Satisfaction

UCI ENTERPRISE	
Monday, June 27	Learning to Relax
Tuesday, June 28	Using Guided Imagery for Wellness and Stress Reduction
Wednesday, June 29	Sleep: An Essential Component of Health and Well-Being
Thursday, June 30	Running on E: Adding Energy and Passion to Your Work and Life
Friday, July 1	Relaxation "Micro-Moments" and Winding Down Techniques

To register and view past recordings, visit <https://www.wellness.uci.edu/ucihealth.html>

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