

Cooperative Extension Service

Stress and Resilience in a COVID World

When: September 30- October 28, 2021

Day & Time: Online, Thursdays, 2:00-3:00pm

Register at:

<https://aces.nmsu.edu/covid19/resilience>

Sept. 30: Anxiety, Loss, and Grief

Strategies to manage anxiety of reopening and tools to cope with loss and grief experienced during the pandemic.

Oct. 7: Manage Change and Build Resilience through Self-Nurture

Tools to nurture yourself through managing stress, self-care, mindfulness, and practicing gratitude.

Oct. 14: Healthy Work-Life Balance

Considerations for returning to work and strategies for maintaining balance between work and home life.

Oct. 21: Healthy Habits, Nutrition

Tips for building resilience through nutrition, including intuitive eating.

Oct. 28: Healthy Habits, Physical Activity and Sleep

Ideas for getting back into a physical activity routine and tips for improving the amount and quality of sleep.



This webinar series will provide strategies to manage stress and build resilience as communities begin to reopen.

For Questions Contact:

Suzanne DeVos-Cole

County Agent

Mora County Extension Office

575-387-2856

sdcole64@nmsu.edu



**BE BOLD. Shape the Future.
College of Agricultural, Consumer
and Environmental Sciences**

If you are an individual with a disability who is in need of an auxiliary aid or service to participate, please contact Suzanne DeVos-Cole in advance at (575) 387-2856 or sdcole64@nmsu.edu.

New Mexico State University is an equal opportunity/affirmative action employer and educator. NMSU and the U.S. Department of Agriculture cooperating.