

COVID-19 Webinar Series

Overview

The University of California, Riverside is offering a series of webinars to offer guidance and best practices to help you navigate this difficult time and the range of challenges that have come from the COVID-19 Pandemic. GuidanceResources, as part of the UCR Faculty and Staff Assistance Program, is presenting the COVID-19 webinar series.

Tools To Handle Covid-19-Related Stress

This workshop focuses on specific activities to reduce stress caused by COVID-19. Participants will review proven stress-reducing techniques such as being accountable and recognizing the choices we can make, engaging in activities that encourage us such as hobbies, remembering past successes and how we have survived previous stressful situations, and taking breaks where we step away from a stressor for a moment of personal renewal. All of these techniques can help us to de-stress, and then do what we need to do in a more effective way.

Date, Time: October 22, 2020 | 12:00 -1:00p.m.

Registration Link: https://ucr.zoom.us/webinar/register/WN_tcQyNdmYSXeCAXO4Z6pV9A

Why Can't I Stop Eating? How Emotions Impact Our Eating During the COVID-19 Pandemic

People are impacted by the news of the Coronavirus differently, but we know emotions can be heightened and uncertain. In addition, a large majority of people working from home are just mere steps away from the refrigerator and pantry, creating a recipe for emotional eating. This webinar will focus on the relationship between emotions and food consumption, strategies for recognizing emotional eating, as well as strategies for retraining your body and mind to eat for physiological and not emotional reasons.

Date, Time: November 3, 2020 | 12:00 -1:00p.m.

Registration Link: https://ucr.zoom.us/webinar/register/WN_FIUJLH0MR5yFwZqTtldELw

Self-Isolating Together: How to Get Along With Your Partner and Kids during the Pandemic

The COVID-19 pandemic has led to many changes in our everyday lives. We are now spending more time than ever with the people we love. While there are many benefits to this added family time there are certainly struggles as well. Juggling multiple schedules, emotions and needs - all in one space - can be challenging. This session will help you navigate your relationship with your partner/spouse and kids while supporting your own wellbeing.

Date, Time: November 19, 2020 | 12:00 – 1:00p.m

Registration Link: https://ucr.zoom.us/webinar/register/WN_IhVasofPRNGI-E00ITli_Q

Managing Worry & Anxiety during the COVID-19 Pandemic

The COVID-19 Pandemic has caused severe disruption, fear and even panic around the world. While worry can alert us to actions we need to take to remain safe and secure, worry can also lead to anxiety, panic and impulsivity. This course will address how to distinguish helpful worry from unhelpful, anxiety provoking worry, and identify ways to manage the experience of anxiety.

Date, Time: December 9, 2020 | 12:00 – 1:00p.m.

Registration Link: https://ucr.zoom.us/webinar/register/WN_BwwiZsxETMikpND8nXSTWg