

YOU'RE INVITED

# MANAGING STRESS THROUGH RESILIENCY AND SELF-CARE WEBINAR

This April during Stress Awareness Month, NFP is pleased to offer you an opportunity to learn more about building resiliency and practicing self-care to more effectively navigate life's stressors.

Building mental resilience is like strengthening a muscle, and everyone's brain can use a workout. Resiliency allows you to bounce back more easily during stressful times – which can positively impact your relationships, productivity, and overall well-being.

***Download this worksheet or be sure to have a piece of paper and pen on hand so you can take notes during the webinar. You're not going to want to miss a minute!***

## MEET THE HOST

**Doreen Davis**

SVP Well-Being &amp; Engagement, Atlantic Region, NFP

NFP is proud to host ongoing Well-Being sessions to support our clients and our own employees.

## MEET THE SPEAKER

**Kyla Montes**Program Manager  
Atrium Health

Kyla has been a part of Atrium Health since 2008, beginning her journey with the Atrium Health Employer Solutions team in 2013. Kyla is also an instructor for the national Mental Health First Aid (MHFA) program, including the youth and adult versions, and is recognized as a top MHFA instructor for Atrium Health. Kyla holds a Bachelor of Science from the University of North Carolina at Charlotte, and is currently seeking her master's degree in applied psychology.

## WHEN

Monday, April 17, 2023

Noon – 1:00 p.m. ET

## HOW TO REGISTER

Visit [go.nfp.com/managing-stress](https://go.nfp.com/managing-stress) or scan this code with your phone!



This free session is open to all NFP clients and clients' employees. It will be recorded and made available to registrants who are unable to attend.

## QUESTIONS?

Email NFP's Atlantic region Well-Being team at [NFPSEWellbeing@nfp.com](mailto:NFPSEWellbeing@nfp.com)

