



MENTAL HEALTH AWARENESS MONTH

THREE WEBINARS FOR YOUR STAFF



Webinar 1: How to Help Your Colleagues Manage Anxiety

When it comes to experiencing anxiety, many people aren't talking about it. Why? Because they often feel embarrassed, concerned about the stigma of asking for help, or anticipate that things will never get better. But now, in the face of the global pandemic, anxiety is growing – and so is our shared opportunity to start (or continue) a more helpful, healthy conversation about it. In this webinar, you will learn:

- How to be a colleague that others confide in
- What to say and what not to say to someone with anxiety
- How to support someone who seems overwhelmed all the time
- How to create an inclusive environment and reduce the stigma around mental health



Webinar 2: Self-Help Anxiety Strategies for Those of Us Who Don't Like Asking for Help

For those of us who ruminate about the past, feel stressed in the present, and worry about the future, this session is for you. And if current events are making things even worse, you should know that you're not alone AND there are strategies you can use to lessen your stress even in the face of uncertainty. In this webinar, you will learn:

- How to challenge your catastrophic thinking
- Practical strategies for getting a handle on daily anxiety
- How to leverage resources you may not have considered
- How to put together a plan so that you can live the life you want and deserve

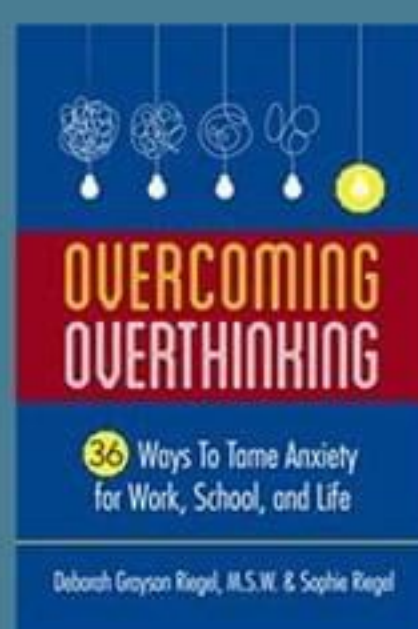


Webinar 3: How to Talk to Your Kids and Teens About Anxiety

Feeling anxious is hard. But parenting a kid or teen who feels anxious can feel even harder – whether or not you yourself have anxiety. If you've tried to talk to your child about their anxiety, and have felt nervous, frustrated, misunderstood, rejected, or alarmed, then this session is for you. In this webinar, you will learn:

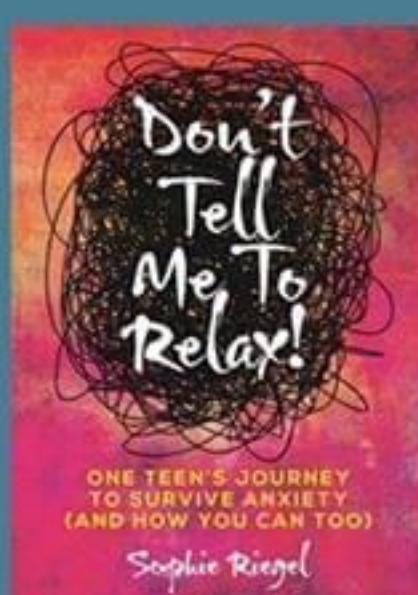
- Ways to get their attention without seeming overprotective or overbearing
- What to say and what not to say
- How to ask helpful questions to get the conversation unstuck
- Signs that you should seek professional help for them – or for you

Facilitated by mother and daughter Deborah Grayson Riegel and Sophie Riegel, each program will share their unique perspective and personal stories as a mother and daughter who both have multiple anxiety disorders – and who are both thriving personally and professionally. It is their goal to give anyone struggling with anxiety a new and more hopeful approach to work, school, and life.



Bios

Deborah Grayson Riegel, MSW, PCC is an executive coach, speaker, and author who helps leaders and teams present and communicate with less stress and more success. Her clients range from Amazon and Bloomberg to Kraft Foods and the U.S. Army. She is the co-author of "Overcoming Overthinking" with Sophie, and writes for Harvard Business Review, Inc., and Psychology Today. She has taught at Wharton Business School, Duke Corporate Education., and Columbia Business School.



Sophie Riegel is a freshman at Duke University and is a professional author and speaker. She is the author of "Don't Tell Me To Relax: One Teen's Journey to Survive Anxiety (And How You Can Too)," and "Overcoming Overthinking: 36 Ways to Tame Anxiety for Work, School, and Life". She speaks openly about her experiences and has been featured on the Tamron Hall Show, Thrive Global, the Times of Israel, PsychCentral, and more. She recently recorded her first TED Talk about mental health stigma and looks forward to writing her third book in the near future.

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