

Stress Strategies for Providers and Cultivating Resilience

Session 1	Taking Stock & Breathwork	10/15/20
Session 2	Burnout, Trauma Stewardship & Kindness	11/19/20
Session 3	Mindful Senses & Grounding	12/10/20
Session 4	Acupressure for Relaxation	1/7/21
Session 5	Progressive Muscle Relaxation & Sleep Hygiene	2/18/21
Session 6	Energy Flow & Fingerhold Meditation	4/22/21
Session 7	Emotional Freedom Technique	6/24/21
Session 8	Gratitude Practices & Journaling	8/12/21