

Join us...

May 2026 Webinars

Embrace your emotional health with a live webinar led by Learn to Live's clinical team.

***NEW* When We Say We're Fine, But We're Not: Tools for Mental Exhaustion:** How often do you find yourself reflexively saying, "I'm fine" while moving through your days on autopilot? Maybe you don't want to admit, or even realize, how exhausted you actually are. What if you can find a way to really mean it the next time you tell someone you're fine? In this webinar, the Clinical Team will offer practical tools to recognize mental exhaustion before you hit empty, reintroduce meaningful activities into your routine, and help you ask for support when you need it. With a few small changes, you might be able to turn off autopilot and prevent mental exhaustion to live with more intention.

[Thursday, May 7th: 12-12:30pm CT/1-1:30pm ET](#)

[Wednesday, May 20th: 12-12:30pm CT/1-1:30pm ET](#)

What is Anxiety and What Can I Do About It? Do worried thoughts command all your attention and steal your joy? Or does your body tell you that you're troubled with an upset stomach, trembling hands, and sweat on your forehead? Even when they seem like they're coming out of nowhere, these can be symptoms of anxiety. The Learn to Live Clinical Team will help you better understand anxiety and introduce you to evidence based strategies that can help improve your well-being.

[Wednesday, May 13th: 2-2:30pm CT/3-3:30pm ET](#)

The Price of Silence: How to Talk about Mental Health: If you are struggling with anxiety, depression, or a related concern, you know that is when you feel the least like discussing what you are going through. Join us as we discuss effective strategies, guidance in seeking help, and ways we can support those close to us who may be struggling.

[Friday, May 15th: 11-11:30am CT/12-12:30pm ET](#)

Building Stronger Social Connections for a Healthier Life: Research shows that connectedness is a key factor for health, but our connections with others are slipping. The Learn to Live Clinical Team will help you explore your own factors for connectedness and discuss ways to remove the barriers that keep you isolated.

[Thursday, May 21st: 12-12:30pm CT/1-1:30pm ET](#)



To Register:

Click the link for the webinar of your choice and use access code **MMHG**. You will receive a confirmation email from Zoom.



If you cannot attend a live session, please register and you'll receive a link to the recording.