

May On-Demand Webinar

Managing Stress & Worry



Stress and worry are a normal part of life, but when they start to disrupt our thoughts, sleep, or daily routine, it can feel overwhelming. Fortunately, there are practical strategies we can learn that help us regain our sense of balance.

In this webinar we'll explore why stress and worry happen and how our minds can sometimes get stuck in unhelpful patterns. Then we'll learn proven techniques to calm our minds, regain perspective, and respond to challenges with greater clarity.

All MMHG participants will be entered to win a \$50 Amazon gift card! How it works:

1. Between May 1-31st, watch the webinar using the link below. When registering, the email address you provide will be used to track your attendance. You'll receive one raffle entry for viewing the recording.
2. Gift card winner will be notified by email on June 6th. All employees, retirees, and dependents from Mayflower Municipal Health Group member units are eligible to win.



**Click here or scan the QR code to watch
using member access code: MMHG**

Webinar URL: <https://tinyurl.com/L2LStress2026>

Questions? Please contact wellness@MMHG.org