



COPING WITH STRESS AND ANXIETY DURING COVID 19



PLEASE JOIN US FOR A WEBINAR

Thursday, November 12, 2020
10:00 a.m. -11: 15 a.m.

You are invited to a Zoom meeting.

When: Thursday, November 12th 10:00 a.m.- 11:15 a.m. (Eastern Time (US and Canada)

[Register](#)

After registering, you will receive a confirmation email containing information about joining the meeting.

You must be in attendance the entire time to receive Rewards credit for this training.

We ask that you allow yourself to be visible on camera if at all possible during this training in order for it to be as interactive as possible.

Although we are always dealing with stress both in our personal lives and our professional lives, this year has been a major test of our coping mechanisms. Municipal employees always seem to be working in a stressful environment. Even during the best of times both our spirit, along with our budgets, are stretched way too thin. With the holidays looming and the ongoing pandemic creating more uncertainty than ever, we can all use some tips in self care both for ourselves and our families.

Through this webinar, presenter, Cally Ritter will provide participants with coping strategies, and personal reflection, along with some newer ideas

and concepts on stress response and self care.

Presenter: Cally Ritter- A Licensed Independent Clinical Social Worker, Cally has a bachelor's degree from Bucknell University and a Master of Social Work from the University of Pittsburgh, is MCAD-certified, and is a certified Motivation Factor practitioner.

This webinar qualifies the MIIA member for .25% credit under the FY21 MIIA Rewards Program under Public Officials Liability, School Board Liability or Law Enforcement Liability categories.