

PEOPLE DIVISION HUMAN RESOURCES TOTAL REWARDS

May 2024



Sleep for Ultimate Health

May 1

12:00 – 1:00 p.m.

To join webinar, [click here](#)

Sweet, elusive sleep. Sleep is a basic necessity of life, as important as air, food and water. It determines if we wake feeling refreshed, alert and ready for the day or if our jobs, relationships, productivity, health and safety suffer. If you are one of the 74% of Americans who experience sleep problems more than once a week, then this seminar is for you.

Get the Facts - Mental health

May 8

12:00 – 12:30 p.m.

To join webinar, [click here](#)

**Double Points Wednesday*

May is mental health month. Learn about mental health versus mental illness, why both are so important, and get tips for warning signs and ways to boost your mental health.



Mental Health Trivia

May 13

1:00 – 2:30 p.m.

Knowledge I, II, & III

To register, [click here](#)



The Clinical Division will be hosting Trivia in Knowledge I, II and III. The event will consist of 2 rounds of Mental Health Trivia. This is an in-person event only. There will be teams of 5. Each individual must register using the above link.

Small Steps, Big Impact Challenge

May 13 - 24

To join challenge, [click here](#)



Through our partnership with Calm, they will be providing a two-week challenge that will proactively support your mental health by taking you through small steps every day to help you navigate life's ups and downs while improving your overall well-being.

Emotional Eating

May 14

12:00 – 12:30 p.m.

To join webinar, [click here](#)



Many of us use food to feel better, relieve stress, and cope with sadness or even boredom. Uncontrolled stress can lead you to turn to food for emotional relief. Food is believed to create a false feeling of temporary wholeness. This webinar will identify your causes and triggers, find alternatives to avoid emotional eating, and tips to practice regarding mindful eating.

Cultivating Your Calm

May 15

12:00 – 1:00 p.m.

To join webinar, [click here](#)



In recognition of Mental Health Awareness Month, join renowned psychologist Dr. Rheeda Walker and Calm's Chief Clinical Officer Chris Mosunic as they discuss how to build a sustainable toolbox to support and strengthen your mental fitness both in and out of the workplace.

Happiness at Work

May 20

12:30 – 12:50 p.m.

To join webinar, [click here](#)



We spend much of our waking hours at work so it's important to bring joy to our day, our workplaces, and spaces.

Trauma Informed Care

May 20

12:00 – 1:00 p.m.

To join webinar, [click here](#)



This presentation will address our understanding of trauma and its neuropsychological effects, including research on the autonomic nervous system, lifelong impact of adverse childhood events, and experience of vicarious trauma among care providers.

Chair Massages

May 21

10:00 – 3:00 p.m.

To sign up, email humanresources@nhpri.org



Participants will receive a seated chair massage of the neck, shoulder, and back muscles from a licensed massage therapist.

Laughter is Medicine

May 22

12:00 – 12:30 p.m.

To join webinar, [click here](#)



Laughter controls your brain and makes you smile! Studies show when we see someone laugh, the premotor cortical region of the brain, which prepares the muscles in the face to move, is activated. This webinar will discuss the short term and long-term benefits of laughter and discuss ways to cultivate laughter.

Mental Health

May 28

12:00 – 12:30 p.m.

To join webinar, [click here](#)



Strong mental health refers to the presence of positive characteristics, rather than the absence of mental illness. It is more than just being free from depression, anxiety, or other psychological issues. It influences how you think, feel, and behave every day. It affects how you cope with stress, overcome, and recover from challenges, and build relationships.