

Sometimes the most important thing in a whole day is the rest we take between two breaths.

-Etty Hillesum



Registration is preferred in order to ensure receipt of the web-ex information and, when in-person, to assure proper physical distancing.

Details available in ManageWell

To access ManageWell:

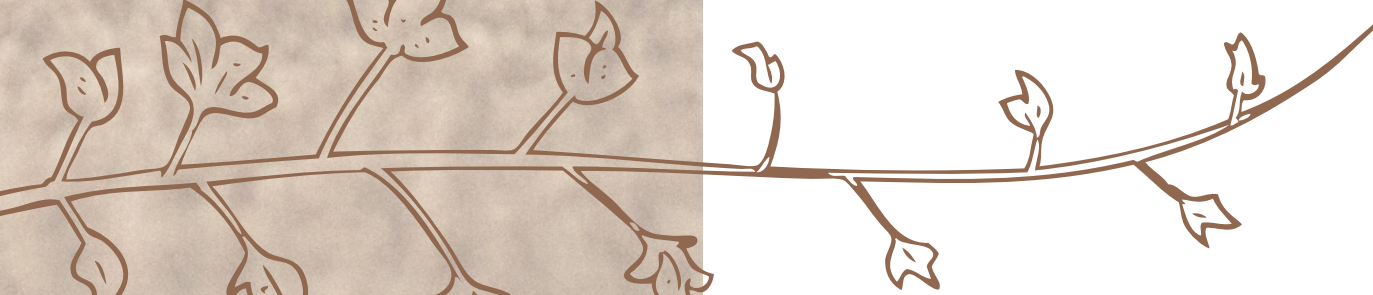
At work: <https://mylogin.hitchcock.org/wellness>

Anywhere: [www.ManageWell.com](http://www.ManageWell.com)

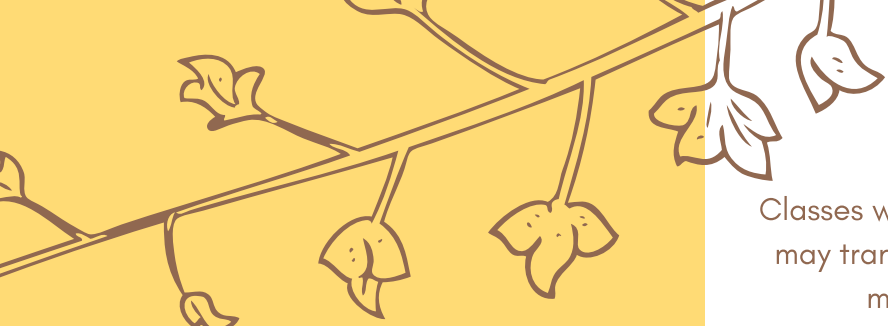
Questions?

E-mail [DHMC.EAP@hitchcock.org](mailto:DHMC.EAP@hitchcock.org)

or call (603) 650-5819



# Employee Assistance Program Wellness Café



The Employee Assistance Program is pleased to present EAP Café, a weekly opportunity for D-H employees to come together to learn about and participate in practices that help REDUCE STRESS and BURNOUT.

**To Register:**

(603) 650-5950

[livewellworkwell@hitchcock.org](mailto:livewellworkwell@hitchcock.org)

[www.managewell.com](http://www.managewell.com)

## Schedule

Mondays 12:10-12:50

Classes will be web-ex based to begin, this may transition to include in-person as we move through the summer.\*

### June

- 8th TELLING OUR STORIES:  
*Working from home/homeschooling*
- 15th MINDFULNESS PRACTICE
- 22nd PRESENTATION:  
*Managing Stress*
- 29th MINDFULNESS PRACTICE

### JULY

- 6th TELLING OUR STORIES (AUD D):  
*Being Socially Isolated*
- 13th MINDFULNESS PRACTICE (AUD A)
- 20th PRESENTATION (AUD A):  
*Sleep Strategies*
- 27th MINDFULNESS PRACTICE (AUD A)

### AUGUST

- 3rd TELLING OUR STORIES (AUD A):  
*Working the Front Lines (for any essential D-H employee)*
- 10th MINDFULNESS PRACTICE (AUD A)
- 17th PRESENTATION (AUD A):  
*Coping with Depression*
- 24th MINDFULNESS PRACTICE (AUD A)



STRESS and BURNOUT REDUCING practices include:

- **Topic presentations**
- **Mindfulness practices** - meditation, mindful movement, mindful eating
- **Telling our stories** - chat with other D-H staff about your experiences dealing with the current pandemic

Join in any one class or join as many as you can.

\*Check weekly announcements for potential changes or updates.

