

# 2022

## MAP Wellness Seminar Calendar



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	Theme	Title	Description
JAN	Getting Into the Right Frame of Mind for 2022	<i>Reframing Your Way Through 2022</i> Available on Demand Starting Jan 18th	Learn practical steps to use positive reframing strategies and guide your way through 2022.
FEB	Honoring Grief and Loss	<i>Navigating Through Grief and Loss</i> Available on Demand Starting Feb 17th	Discover ways to say goodbye and go through the five stages of grief in a healthy way.
MAR	Engagement	<i>From Tired to Inspired: Keeping Engaged and Preventing Burnout</i> Available on Demand Starting Mar 17th	Learn how to get around burnout, prevent it, and keep yourself engaged in work and personal life.
APR	Finding a Hobby	<i>Finding a Hobby: How It Impacts Your Life</i> Available on Demand Starting Apr 19th	Understand the importance of having a hobby and how you can start finding one to help you feel happier.
MAY	Getting a Good Night's Sleep	<i>Sleep Essentials</i> Available on Demand Starting May 17th	Explore strategies to start a healthy bedtime routine to help you reduce stress and improve your wellbeing.
JUN	Exploring Nature	<i>Finding Yourself Through Nature</i> Available on Demand Starting Jun 21st	Discover the importance of being outside and find your own way to enjoy nature and increase your wellbeing.
JUL	Digital Health	<i>Unplugged: Digital Detoxing</i> Available on Demand Starting Jul 19th	Find the reasons why we need to do a digital detox and learn practical steps on how to start incorporating it into your schedule.
AUG	Self-Care Strategy	<i>Self-Care: Take Better Care of Yourself</i> Available on Demand Starting Aug 16th	Identify ways to implement self-care as a part of your schedule and learn the art of slowing down.
SEP	Open Communication	<i>Open Communication: Powerful Ways to Create It</i> Available on Demand Starting Sep 20th	Attain the skills to have open and effective communication at work and at home.
OCT	Navigating Holidays	<i>Navigating Your Holidays</i> Available on Demand Starting Oct 18th	Learn some effective ways to plan, organize, and make the most of your holiday.
NOV	Overtime: Working Caregivers	<i>The Sandwich Generation at Work</i> Available on Demand Starting Nov 22nd	Find out some practical and effective strategies to balance your work and personal life as the sandwich generation.
DEC	Taking Control of Stress	<i>Stress Buster: Managing and Taking Control of Your Life</i> Available on Demand Starting Dec 21st	Manage your stress in a healthier way and learn some strategies to take control of your life.

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You'll find a link to these and other seminars on the homepage.

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