



Free Webinar

Stress Resiliency in the Climate of COVID

Tuesday, April 20, 2021 at 3pm

*Sponsored by the University of
Maryland Baltimore Department of
Psychiatry EAP Programs*

THIS WEBINAR WILL OUTLINE:

- Characteristics of resilient individuals
- How to identify your personal resiliency and
- Ways to improve your wellbeing.

The pandemic has impacted all of us in many different ways. Rates of psychological distress rose for all adults as the pandemic continued, increasing sixfold for young adults and quadrupling for those ages 30-54, according to a Johns Hopkins University Survey. The pandemic has disrupted our lives; the way we socialize and communicate, work and balance family and leisure life. It has left many with loss and grief, without providing customary rituals for resolving our losses.

Come and join us for a conversation focused on Stress Resiliency.

Learn how to use adverse situations for personal growth and recharge your own Stress Resiliency practices.

CLICK ON LINK TO REGISTER

<https://umaryland.webex.com/umaryland/onstage/g.php?MTID=e7417e8ce96c7fba865539be3d3d3e30b>



Or scan QR code
to register

Distress, self-care and stress relief

<https://www.jhsph.edu/news/news-releases/2020/survey-finds-large-increase-in-psychological-distress-reported-among-us-adults-during-the-covid-19-pandemic.html>

<https://stopasuicide.org/when-helpers-feel-helpless-mitigating-suicide-risk-of-health-care-workers-in-a-pandemic/>

Employee Assistance Program



PRESENTER:

**MARIA RONDA, MSW,
LSCW-C, CEAP**

Maria Ronda has provided employee assistance services to government, non-profits, and corporate organizations since 2002. She obtained her MSW from Fordham University in New York City and is licensed in Florida and Maryland. In 2005, she completed a training certificate program in Corporate Crisis Response: Critical Incident Stress Management in the Workplace and Advanced Group Crisis Intervention from The University of Maryland Baltimore Campus through the International Critical Incident Stress Foundation, Inc. She has taught behavioral health courses to undergraduate students, presented on employee wellness and resiliency, and provided consultation to organizations on structural development.

Employee Assistance Program

Confidential counseling by phone or secure telehealth. This free referral service is available to all employees and their family members.

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Call 667-214-1555 or email:
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to schedule an appointment

www.umb-eap.org