

Living in Today

Cherish Yesterday... Dream Tomorrow... LIVE TODAY

Free Webinar
Tuesday, May 18, 2021 at 3pm

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



This Webinar will provide tools needed to:

- Survive one day at a time
- Decrease your stress level
- Gain peace of mind
- Reduce worry and frustration

Covid has created increased stress to most human beings, particularly in the health care field. The psychology of living in the present is not just an arbitrary term or a popular phrase — it's a recognized, evidence-based lifestyle that psychologists are quick to recommend for those struggling with anxiety and stress in their day-to-day lives.

Join us for a conversation dealing with: **Living One Day at a Time**

Learn how to effectively deal with life on life's terms.

CLICK ON LINK TO REGISTER

Living in Today

<https://umaryland.webex.com/umaryland/onstage/g.php?MTID=e3b199fdc9f44521716517809c0c1d768>



Or scan
QR code to
register

Lost on the Frontline

<https://khn.org/news/lost-on-the-frontline-health-care-worker-death-toll-covid19-coronavirus/>

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

Employee Assistance Program



PRESENTER:

PEGGY BURNS, LCADC, MHS

Peggy has provided Employee Assistance Services since 1997 at UMMS and the Baltimore Orioles organization. She has also provided EAP services to BWMC since 2011. Peggy has been providing Mental Health and Substance Abuse services since 1981. She has extensive experience supporting those in need of Substance Abuse services, including family members and loved ones of those afflicted with this disease.

As a Licensed Substance Abuse Professional with a Masters degree in Human Services, her other specialties include: educating clients on developing healthy Communication Skills, Conflict Management, Assertiveness Training and Women's Issues.

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:
amjohnso@som.umaryland.edu
to schedule an appointment

www.umb-eap.org