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**Lunch & Let Go Wellness Series**

Wednesdays 12:00pm-12:30pm

StrengthenME, a program from the Maine Office of Behavioral Health, has various wellness opportunities available exclusively to DHHS staff to help manage stress in the wake of COVID-19.

The purpose of these half-hour sessions is to provide regular wellness, stress management, and resiliency-building practice opportunities and resources.

All sessions will be facilitated by *Work Force EAP & Training* staff. If you have any questions, please email [StrengthenME@northernlight.org](mailto:StrengthenME@northernlight.org).

[Click here to register.](#)

<b>StrengthenME DHHS Workplace Wellness</b>	
Date	Topic
31-Mar	Letting Go of What We Can't Control
7-Apr	Shifting Seasons: Spring Growth
14-Apr	Pandemic Brain Fatigue
21-Apr	Staying Grounded when Others are Escalating
28-Apr	Boundary Setting and Saying No
5-May	Practicing Cognitive Flexibility
12-May	Looking for Meaning
19-May	Muscle Tension and Relaxation
26-May	Quieting the Mind