



From global conflict and financial uncertainty to workplace pressure and the daily demands of home life, stress can become overwhelming. This live webinar offers practical, easy-to-use strategies to help you regain balance and strengthen your resilience.

*In this session, you will learn to:*

- Stay centered during global uncertainty
- Understand how stress shows up in your body and mind
- Build healthy coping habits you can use immediately
- Strengthen your emotional toolkit for work, home and everything in between

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## Live Webinar Sessions

This event is offered through Wayne County's Employee Assistance Program (EAP). Two sessions are available, please choose the session below that fits your schedule to join live in Microsoft Teams. No registration required (unless specified).

[Join: Day 1 - Wednesday, April 1st, 2026 at 9:00 am](#)

[Join: Day 2 - Thursday, April 2nd, 2026 at 2:00 pm](#)

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**SUPERVISORS: PLEASE PRINT AND DISTRIBUTE TO ALL COUNTY EMPLOYEES WITHOUT COUNTY EMAIL ACCESS.**

Division of Benefits Administration

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