

Building Resilience and Stress Management

In this one-hour virtual course taught by representatives from NM's Employee Assistance Program and sponsored by NM Academy, participants explore various coping skills, gain insight into the impact of stress, and learn how to develop strategies to increase their resilience.

The NM Building Resilience and Stress Management course is recommended for anyone who:

- Wants a better understanding of the effects of acute and chronic stress
- Faces difficulty in managing day-to-day stress
- Wants to strengthen their personal coping skills
- Seeks resources for leaders to develop resilience within their team

Enroll here: [MyNM Service Center > Career & Learning > Learning & Performance](#). Then search "NM Building Resilience & Stress Management."

Upcoming Sessions

December 18
10 – 11 am

January 26
Noon – 1 pm

February 24
7 – 8 am

March 31
1 – 2 pm