



Webinar for You:

**“Minimize Anxiety while Working Remotely: 5 Ideas”**

Thursday, April 16

1:30-2:15 p.m.

*Enroll in MC Learns—Personal Development to obtain log in information no later than 12:30 p.m. that day.*

As we are in our fifth week of working remotely, stress may be developing for many reasons: not having all the materials you normally use to stay productive, too many Zoom meetings, having too many family members competing for finite resources, or a lack of privacy. Hear five ideas you could use immediately to help reduce your stress, share your experience, and offer your ideas.