



DPS Wellness Webinars

The following wellness webinars are available on demand at:

<https://www.dps.texas.gov/ETR/webinars.htm>

Smashing Stigma and Supporting Mental Health Before, During, and After Crisis

Mental health is affected by innumerable factors, and those stressors are inevitably amplified during times of crisis. Ways to overcome myths around mental health and steps one can take to promote mental wellness individually, within families, and within your unit will be shared.

Managing Relationships in Challenging Times

Due to restricted movement during this pandemic, some are spending more time than usual with roommates/family and struggling to maintain healthy boundaries. Or struggling to stay connected with outside friends, family and work colleagues. This webinar is designed to address these challenges and offer tips on how to overcome these challenges.

Stress Management for Essential Staff at Work During COVID-19

Many things have recently changed due to new health concerns. Despite these changes, essential workers continue to provide important services in this environment. As a result, new stressors can often arise and affect performance or health. This webinar will discuss general coping skills and strategies specific to components of the environment of today.

Intro to Mindfulness: What, Why and How Webinar

Explore how mindfulness can help effectively manage stress along with the science behind it and how to implement into your daily life. This evidence-based skillset is available to everyone and has been proven to improve productivity, reduce blood pressure, improve sleep, decrease anxiety and depression and improve immune function.