

Do you feel overwhelmed and stressed? Do you feel like you can't make mistakes?

Let's Talk: Strengthening our Inner Voice

Join this virtual group session to...

- Learn helpful skills & strategies to change negative self-talk
- Reflect & process through group discussion
- Build community

What?

In this small group session facilitated by the **UC San Diego Health Healer, Education, Assessment and Referral (HEAR) Program**, participants will connect with other UC San Diego Health colleagues and explore different evidence-based strategies and skills for coping with stress and examining our inner voice.

When?

Thursday, June 25th
12:00-12:50pm

RSVP HERE

ZOOM link will be sent
to those who register



Questions? Email Nate Hill at n7hill@health.ucsd.edu