

**Do you feel overwhelmed  
and stressed at work?**

**Are you looking for skills to find  
calm amidst work stressors?**

**Join this virtual HEAR-Sponsored  
Group Session to...**

- Learn helpful skills & strategies
- 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 Program (HEAR) Program, participants will connect with other UC San Diego Health colleagues and explore strategies to use in chaotic/stressful moments.

## **When?**

Tuesday, December 3rd  
12:00-12:50pm

## **RSVP HERE**

ZOOM link will be sent to those who register



Questions? Email Nikki Ashtiani at [nashtiani@health.ucsd.edu](mailto:nashtiani@health.ucsd.edu)