

Positive Presentations Delivered via Zoom

Looking to build a positive workplace culture, create a shared team experience, or address a challenge?

Call FASCCO at (734) 936-8660, to learn if one of these no-cost presentations is the right fit for your department.



INTRODUCTION TO STRESS MANAGEMENT

This brown bag presentation provides an introductory overview of stress management techniques that can be used in daily life. Participants will practice specific stress management techniques in the class and will be encouraged to select some of these techniques for active implementation in their personal and professional lives. The format is informal, practical and interactive.

MANAGING YOUR STRESS THROUGH MANAGING YOUR THINKING

This brown bag is available to all units on central campus, this brown bag identifies ways in which negative and illogical thinking often leads to personal and occupational stress. The brown bag also includes methods to replace these illogical thoughts with more logical or rational ways of thinking, which has been found to significantly reduce stress. To inquire about scheduling a brown bag, please contact FASCCO at (734) 936-8660.

UNDERSTANDING MENTAL HEALTH CONDITIONS AND HAVING A CONVERSATION OF CONCERN

Do you know that an estimated 1 in 5 Americans (43.4 million adults) experience a mental illness in a given year? Given that you, a family member, or a coworker might be that one individual, perhaps you can benefit from a better understanding of how mental and emotional health conditions impact the work environment and what factors constitute a mental health-friendly work environment. Join us to discuss these issues and learn about the workplace programs and resources available to UM faculty and staff who experience mental health conditions.

STRATEGIES FOR DEALING WITH DIFFICULT PEOPLE

This session first examines why some people are difficult to deal with and why they act the way they do. Some tips on what pitfalls to avoid when interacting with difficult persons are given. The key principles and strategies for dealing with difficult behaviors are provided and discussed.

QUICK TIPS FOR SELF CARE

This one-hour session focuses on tools and skills for prioritizing self-care. Don't have a lot of time to squeeze it in? No problem. Folks will walk away with a tangible plan and self care techniques that they can use both at home and at work, even when time is limited.

GRATITUDE WORKSHOP

Explore the concept of gratitude from ancient philosophers, to the major faith/spiritual traditions, to contemporary thinkers. The scientific research on the benefits of gratitude will also be explored. Prepare to delve deeper and identify the many forms of gratitude in your life.

GRIEF 101

This workshop addresses loss across the lifespan but particularly focuses on the death of a loved one. Anticipatory, normal, and complicated grief will be identified as well as grief responses in children briefly addressed. Some common theories of grief will also be explored. The emphasis is on normalizing grief and providing resources to cope.

OVERVIEW OF ANXIETY DISORDERS & OTHER MENTAL HEALTH CONDITIONS

This session will present an overview of Anxiety Disorders and a summary of major mental health conditions along with commonly used intervention strategies.

FASCCO counselors also develop and teach MHealthy classes on a range of emotional and mental health topics. These classes are free of charge and open to all employees.

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