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|  | **Wellness Wednesday – Special Edition**  **January 20, 2021** |
| With the January 14 announcement of a province wide **State of Emergency** and **Stay at Home** order, many of us are left with questions and concerns, and may be experiencing additional stress and anxiety.  **Resources for Managing Anxiety**  **Stress and Anxiety Webinar**  In October 2020, Centennial College hosted a series of webinars focussed on mental health. Given the current challenges faced by many employees, the [Stress and Anxiety Essentials](https://mediasite.centennialcollege.ca/Mediasite/Play/f5587248e729454b9fb881f30de939651d) webinar may be of assistance to those experiencing higher than normal levels of anxiety.  Brain.png  **Upcoming Webinar**  Topic:  [**The Path to Inner Peace**](https://morneaushepell.zoom.us/webinar/register/WN_YWwFRkslSQO0pD8mQMVZbg)  Date:   Friday, January 29  Time:   1:00-2:00pm   During this seminar we will:         Identify common barriers to inner peace         Discuss best practice strategies that create inner peace including meditation, acts of compassion, letting go of anger, and positive self-talk  **Mindful Breaks**  [What is Mindfulness Meditation?](https://www.youtube.com/watch?v=4r9eRgLX770)   Not sure what mindfulness is? You’re not alone. Mindfulness is a commonly used term these days.  In this video, Dr. Oz helps explain mindfulness.  [5-Minute Meditation](https://www.youtube.com/watch?v=inpok4MKVLM&feature=youtu.be)  Taking a mindful break while at work will not only relieve stress, but will also help to improve your overall resilience, cognitive processing and boost your energy throughout the day.  [Music to Relieve Stress](https://askthescientists.com/music-stress-mood/)  “*Listening to music comes with tangible benefits, including a direct correlation between music and stress relief.”*  White guy playing music.jpg  Check out these stress relieving YouTube playlists         [Instant relief from anxiety and stress](https://youtu.be/JLJqUipWRWk)         [Meditation music for anxiety](https://www.youtube.com/watch?v=p-aFWl27TCM)         [Soothing Rain](https://www.youtube.com/watch?v=yg7_Q0LdR64) | |