|  |  |
| --- | --- |
|  | **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 29Time:   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.jpgCheck 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) |