



# Wellness for Healthcare Workers Series

Resiliency and Self-Care Webinars & Resources

THE WELLNESS FOR HEALTHCARE WORKERS SERIES IS DESIGNED TO PROVIDE ALL MEMBERS OF THE HEALTHCARE WORKFORCE RESOURCES AND TOOLS THAT CAN BE USED IMMEDIATELY IN RESPONSE TO SUSTAINED STRESS. MHA AND PARTNER ORGANIZATIONS ACROSS THE STATE RECOGNIZE THE HEALTHCARE WORKFORCE IS AT EMOTIONAL CAPACITY. WE APPRECIATE YOUR CONTINUED STRENGTH AND PERSEVERANCE AND OFFER THIS SMALL GIFT OF RESILIENCY AND SELF-CARE RESOURCES. THANK YOU.

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