

Behavioral Health Services speakers are available to provide presentations for your safety or other Hanford Site work group meetings on the below mental health and team building topics. We are also available for consultations to discuss creating presentations customized to address your specific needs.

**Please call 376-4418 to schedule.**

## *Presentation Topics*

### **Anxiety Management**

- ❖ Diaphragmatic Breathing and Changing Your Thoughts
- ❖ Mindfulness Meditation
- ❖ Progressive Muscle Relaxation

### **Behavioral Health Services**

- ❖ Your Employee Assistance Program (EAP) Benefit

### **Brain & Memory Health**

- ❖ The Brain Workout
- ❖ Fit Body, Fit Mind

### **Depression Management**

- ❖ Understanding Seasonal Affective Disorder

### **Healthy Lifestyle Change (Eating, Exercise, Tobacco)**

- ❖ Fit Body, Fit Mind
- ❖ Getting A Grip On Emotional Eating
- ❖ Managing Fatigue
- ❖ The Psychology of Weight Management
- ❖ Sleep For Safety
- ❖ Tobacco Cessation: Making Change Happen

### **Leadership Skills & Team Building**

- ❖ Developing Positivity in the Workplace (4-part series or individual programs)
  - Cultivating Individual Positivity
  - Managing Angry Emotions
  - Managing Coworker Negativity
  - Preventing Customer Service Burnout
- ❖ Relational Intelligence
- ❖ VESTED: The Psychology of People Management

### **Stress Management**

- ❖ Holiday Stress Management
- ❖ Physical & Emotional Effects of Stress
- ❖ Understanding Stress & Getting It Under Control

### **Workplace Issues**

- ❖ Domestic Violence in the Workplace (for managers)
- ❖ Effective Listening
- ❖ Hostile/Unusual Worker Behavior
- ❖ Let's Communicate
- ❖ Psychological Aspects of Transitioning to Retirement
- ❖ Sexual Harassment Training
- ❖ Time Management/Juggling Multiple Responsibilities
- ❖ Values For A Safe & Sane Culture: Defeating Violence Against Women