

Behavioral Health Services speakers are available to provide presentations for your safety or other Hanford Site work group meetings on a variety of mental health and team building topics. Some are suitable for 20 to 30-minute safety meetings, while others are intended as longer or multi-session workshops.

We are also available for consultations to discuss customizing these or developing new presentations to address your specific needs. Below are examples of topics currently available or under development.

Please call 376-4418 to schedule.

Presentation Topics

Anxiety Management

- ❖ Mindfulness Meditation
- ❖ Progressive Muscle Relaxation

Behavioral Health Services

- ❖ Your Employee Assistance Program (EAP) Benefit

Brain & Memory Health

- ❖ Fit Body, Fit Mind

Depression Management

- ❖ Suicide Prevention
- ❖ Understanding Seasonal Affective Disorder

Healthy Lifestyle Change (Eating, Exercise, Tobacco)

- ❖ Fit Body, Fit Mind
- ❖ Mindful Eating
- ❖ Healthy Sleep Cycles
- ❖ Tobacco Cessation: Fit to Quit

Leadership Skills & Team Building

- ❖ Active Listening Skill Building
- ❖ Cultivating Individual Positivity
- ❖ Defusing Coworker/Customer Anger
- ❖ Developing Positivity in the Workplace
- ❖ Empathy Skill Building That Strengthens Teams
- ❖ Fostering Open Communication with Psychologically Safe Environments
- ❖ Managing Your Anger To Produce Positive Outcomes
- ❖ Overcoming Barriers To Creative Change
- ❖ Preventing Customer Service Burnout
- ❖ Reducing Coworker Negativity with Positivity
- ❖ Soft Skills Training
- ❖ Team Building Through Effective Discussion
- ❖ Toward a Healthy Safety Culture
- ❖ VESTED: The Psychology of People Management (3 Part Series /3 hour training)
- ❖ Working Effectively with Conflict Management Styles

Stress Management

- ❖ Holiday Stress Management
- ❖ Physical & Emotional Effects of Stress
- ❖ Stress Management