



Mental Health Awareness Day

Wednesday, May 1, 2024
9:00 am-2:30 pm

On May 1, Be Well at Work Employee Assistance invites you to prioritize your mental health. The day will include virtual workshops highlighting mental health education and wellbeing strategies, as well as in-person experiential activities aimed at caring for your mental health needs. We hope you will join us!

Tabling Event at Berkeley Staff Community Garden

11:30 am-1:00 pm | Drop by anytime between 11:30 am - 1 pm for an in-person tabling event with Be Well at Work to learn about UC Berkeley employee resources.

Event Schedule

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| 9:00 AM | Supporting Mental Health in the Workplace: For Supervisors & Managers* |
| 10:30 AM | (Re)Starting Your Journaling Practice (Hybrid Event) |
| 11:30 AM | Walking Meditation: Using Nature to Boost Your Mood** |
| 12:15 PM | Gentle Yoga Flow for Relaxation** |
| 1:00 PM | Maintaining Mental Wellness at Work* |
| 2:00 PM | In the Absence of Fear, Love Settles In: Unifying Body, Mind, & Feelings w/ Breema** |

*Online Webinar ** In-Person at Staff Garden (next to Li Ka Shing building)

▶ If you require any accommodation, please email Karen Patchell (kpatchell@berkeley.edu) at least 7-10 days prior to the event.



Learn more: Scan QR code or visit uhs.berkeley.edu/mhaday

