

Wellness and Mindfulness Strategies

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This webinar will focus on helping families and caregivers learn about wellness and mindfulness strategies. You will learn why wellness and mindfulness are important and how to incorporate some of these strategies into your life. This webinar is specifically geared toward families and caregivers, but can be helpful to all members of our community.

- [How to Create a Coping Zone](#)
- [Coping with Coronavirus](#)

KEY TAKEAWAYS

- Wellness is a process of noticing and making changes in your life to live a healthier and more fulfilling life.
- People can practice wellness and mindfulness in different ways
- Practicing some of these strategies may help you feel less stressed and reduce other negative emotions you may be feeling.
- It's important that we intentionally set aside time for ourselves to do the things we enjoy.

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