

# MEMBER MAY 2026 WEBINAR

WED, 5/20 @ 2 PM EST

REGISTER NOW



## Coping Toolkit

*Building Habits That Actually Help*

Not all coping strategies are equal, or healthy. In this webinar, we'll explore a range of evidence-based approaches drawn from psychology and behavioral science, covering everything from movement, sleep, and nutrition to mindfulness, social connection, and how you talk to yourself when life gets hard.

We'll help you take stock of what's already working and identify the gaps worth addressing. You'll walk away with a practical, personalized toolkit of strategies you can realistically build into your routine, so when pressure mounts, you're ready for it.