Tending to Wellness in the Midst of Ongoing Stress

Life is messy. Work, family, health, finances: these things and more can cause daily stress and strain. Add to that the ongoing pandemic and the recent winter storms; it's no wonder many of us are feeling depleted. Ongoing stress can affect all aspects of our lives, from our health to our relationships to our sense of self and self-worth.

During this six-week group, participants will explore a framework to understand more fully our stress response cycle, identify ways to support our whole selves and our body’s innate ability to come back from stress, and to facilitate supportive connection with others in this time of physical distancing.

This group will cover topics such as:
- Attending to our daily rhythms
- Support for our thoughts and cognitions
- Nourishment for our values and beliefs about the world
- Resources to respond to the information our body is giving us (somatic)
- Support for our relationships with the people important to us

The group will be facilitated by Becks Byington, MSSW Intern (he/his) and Amber Hunter-Crawford LCSW-S (she/her), counselors with the Employee Assistance Program. The group will meet on Mondays from 1-2pm via Zoom beginning on April 12th and is limited to 8 participants. Group members will attend a screening via Zoom with a facilitator before entry into the group. For more information and to sign up for a screening please email eap@austin.utexas.edu