

# Self-Care and Wellness

Riverside University Health System – Behavioral Health  
Prevention and Early Intervention

*Free Virtual Presentation*

**For dates and availability, e-mail [PEI@ruhealth.org](mailto:PEI@ruhealth.org)  
or call (951) 955-3448**

This 2-hour presentation will focus on:

- Understanding how stress affects you (psychological, spiritual, interpersonal and physical impacts)
- Strategies to help you manage stress and build resiliency
- Practicing the different strategies through guided virtual activities
- Available resources and how to connect

CEUs or certificates are not offered for this presentation.

