

## September's Live Events Schedule

Join Lyra's live events to learn new skills to support your well-being at work, at home, and in relationships. There are two types of events, and both are a free part of your mental health benefit:

**WATCH** - Build skills in a webinar, no camera or discussion needed

**DISCUSS** - Foster connections in a small group conversation with your camera on

Sign up for live events by logging into your Lyra account. Download the app or visit [care.lyrahealth.com](https://care.lyrahealth.com). Events are listed in the Library. Additional live events may be added to this schedule based on popular demand and timely topics.

**WATCH**

### Coping with Election Stress

Sep 4 | 3 - 4 p.m. PDT / 6 - 7 p.m. EDT / 10 - 11 p.m. GMT

Sep 19 | 9 - 10 a.m. PDT / 12 - 1 p.m. EDT / 4 - 5 p.m. GMT

For many people, election season feels full of tension, nerves, and uncertainty. It makes sense to feel stressed—especially if you are someone who is worried about how the results will impact your life and community. In this webinar, you will learn research-backed strategies for managing these difficult emotions and stress. While you cannot control all that happens during an election, there are still ways to cope and care for yourself during this time.

This webinar is most appropriate for anyone who may be experiencing stress related to the upcoming 2024 United States Election.

WATCH

## What to Expect from Professional Support

Sep 5 | 12 - 1 p.m. PDT / 3 - 4 p.m. EDT / 7 - 8 p.m. GMT

Sep 10 | 9 - 10 a.m. PDT / 12 - 1 p.m. EDT / 4 - 5 p.m. GMT

Sep 18 | 6 - 7 a.m. PDT / 9 - 10 a.m. EDT / 1 - 2 p.m. GMT

Sep 26 | 12 - 1 p.m. PDT / 3 - 4 p.m. EDT / 7 - 8 p.m. GMT

For many, seeking mental health support can feel like a mystery. How do you know when you need it? What happens when you meet with someone? What should you expect? This webinar will walk you through it all—addressing the most common questions people have about working with a mental health professional and giving you a better idea of what mental health support is like.

DISCUSS

## Practicing Full Presence

Sep 4 | 12 - 12:30 p.m. PDT / 3 - 3:30 p.m. EDT / 7 - 7:30 p.m. GMT

Do you ever feel like there are so many things going on, you don't know where to start, and need a few minutes to just...be? If this sounds like you, you'll want to join this discussion group. Pause your daily activities and to-do list to engage in a mindfulness meditation activity. You will be encouraged to embrace stillness and slowness for 30 minutes to reorient yourself and be more present throughout the rest of your day.

Join this space to practice the art of being fully present in the moment.

DISCUSS

## Parenting Youth in Mental Distress

Sep 5 | 9 - 10 a.m. PDT / 12 - 1 p.m. EDT / 4 - 5 p.m. GMT

Sep 6 | 3 - 4 a.m. PDT / 6 - 7 a.m. EDT / 10 - 11 a.m. GMT

Sep 10 | 12 - 1 p.m. PDT / 3 - 4 p.m. EDT / 7 - 8 p.m. GMT

Parenting can be joyous, but it can also be challenging. Especially when your child is struggling, you can hurt too. Maybe you feel worried, overwhelmed, and unsure what you can do to help. In anticipation of Suicide Prevention Week, this discussion group will offer a space for parents to talk about the unique challenges they're facing while supporting children and teens experiencing mental distress. We will also discuss helpful parenting strategies and tips for promoting parental self-care.

DISCUSS

## Coping with Critical Events

Sep 9 | 3 - 4 a.m. PDT / 6 - 7 a.m. EDT / 10 - 11 a.m. GMT

Sep 26 | 9 - 10 a.m. PDT / 12 - 1 p.m. EDT / 4 - 5 p.m. GMT

When a difficult event or crisis happens, it sends shockwaves. Unpredictable critical events are challenging for the people directly impacted, but witnessing the consequences and impact on the news or social media can also be triggering. Even those who are not directly affected can experience feelings of uncertainty.

Join this discussion group to talk with others about how to manage difficult emotional responses and cope in healthy ways when experiencing a crisis on an individual or cultural level.

DISCUSS

## Working While Grieving

Sep 11 | 9 - 10 a.m. PDT / 12 - 1 p.m. EDT / 4 - 5 p.m. GMT

Grief is one of the most common human experiences, yet it's one of the least discussed and understood. Grief impacts our ability to be present and fully engaged, especially at work.

Join this discussion group to discuss the ways grief impacts work and share helpful strategies to make room for both.

DISCUSS

## Latin\* Experiences in America

Sep 12 | 12 - 1 p.m. PDT / 3 - 4 p.m. EDT / 7 - 8 p.m. GMT

Sep 17 | 3 - 4 p.m. PDT / 6 - 7 p.m. EDT / 10 - 11 p.m. GMT

Sep 18 | 9 - 10 a.m. PDT / 12 - 1 p.m. EDT / 4 - 5 p.m. GMT

Latin\* people are part of one of the largest and most diverse communities in the United States. While everyone's story is different, people share many experiences too—both inside and outside of work. Join this discussion group to discuss relevant issues within the Latin\* community and how to increase safety and inclusion in the workplace.

This discussion group is intended for people who identify as Latin\*. This encompasses anyone of Latin American descent—including Latinx, Latine, Latina, and Latino.

DISCUSS

## Championing Mental Health at Work: Suicidality

Sep 19 | 12 - 1 p.m. PDT / 3 - 4 p.m. EDT / 7 - 8 p.m. GMT

Sep 23 | 3 - 4 a.m. PDT / 6 - 7 a.m. EDT / 10 - 11 a.m. GMT

Sep 24 | 12 - 1 p.m. PDT / 3 - 4 p.m. EDT / 7 - 8 p.m. GMT

Suicide is a sensitive topic to discuss, especially at work. But, it impacts people everywhere, so it's important to address it at work too. We all have a responsibility to reduce stigma and support our co-workers' mental health, especially when they're struggling.

In honor of Suicide Prevention Week, join this discussion group to discuss ways that co-workers can advocate for mental health at work. It's intended for anyone open to sharing and listening to others discuss this important topic.

DISCUSS

## Fitting In/Aging Out

Sep 25 | 3 - 4 p.m. PDT / 6 - 7 p.m. EDT / 10 - 11 p.m. GMT

Sep 26 | 3 - 4 a.m. PDT / 6 - 7 a.m. EDT / 10 - 11 a.m. GMT

Sep 30 | 12 - 1 p.m. PDT / 3 - 4 p.m. EDT / 7 - 8 p.m. GMT

New lingo, new technology, new trends. Things have changed, again. Sometimes, as you get older, it can feel like you're aging out of the workplace. That can be hard on your mental health.

Join this discussion group to discuss how aging impacts your work experience, including the relationships you have with your co-workers. We will discuss self-care strategies and tips to help navigate these changes too.

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