

HEALTH AND WELLNESS VIRTUAL WORKSHOPS*

Dynamics of Coping with Anxiety & Mental Exhaustion – Covid and Beyond

Anxiety is something that many people live with and some even experience anxiety/panic attacks. At its core, anxiety is the bodies way of saying "Hey, I need your attention. Look at this." And in the climate of today with the onset of Covid, it has caused an increase of anxiety and mental exhaustion. This class is designed to go behind the scenes of some hidden triggers of anxiety and how to get relief from mental exhaustion, and answer some age old questions about self-management and the ability to mentally relax and be stress-less is of paramount importance. We will also learn some relevant techniques to combat and relieve anxiety before it becomes a full blown episode.

Registration Code: PRSN-1083-T0601

Time: 7:00pm - 8:30pm

Date: Wednesday, 1/20-2/10/2021(4 sessions)

Fee: \$85.00

Unplugged – Breaking the Social Media Addiction

Let's be honest, social media has become extremely addictive. What's the latest news? Did someone like my post? What about the likes, how many do I have now? Was my post shared? From going live on Facebook and Instagram to having videos from around the world just clicks away. This type of stimulus activates the happy and satisfaction hormones multiple times a day. So where does leave you? Wanting more...

Registration Code: PRSN-1084-T0601

Time: 7:00pm - 8:30pm

Date: Wednesday, 2/24-3/17/2021(4 sessions)

Fee: \$85.00

The Practice of Happiness

Happiness, is a goal that most humans have to be healthy and HAPPY! But what exactly is happiness? Where does the concept of happiness come from? Do we consciously do the things that will make us truly happy? Is happiness a destination or a journey? Some will be amazed at these answers.

Registration Code: PRSN-1085-T0601

Time: 7:00pm - 8:30pm

Date: Wednesday, 4/14-5/5/2021(4 sessions)

Fee: \$85.00



Register on line at www.oaklandcc.edu/ce
or call **248.232.4167/248.232.4150**.

***ALL** courses will be offered remotely via Zoom. The instructor will email the Zoom invitation to you.



OAKLAND COMMUNITY COLLEGE*

Excellence *Empowered.**