October Social Media Posts

# Social Media Post #1

Join in for a free webinar on October 8th, from 10-11 a.m. CST focusing on ***Coping Strategies to Build Resilience,*** featuring Clinical Psychologist Kevin Gilliland, Ph.D. [Register through this link](https://register.gotowebinar.com/register/794445938942065933).



# Social Media Post #2

What we eat can impact our hormones and our mood. Learn ways to help balance your hormones through nutrition in this new webinar ***Feel Good Food: Nutrition to Bolster Immunity*** hosted by Texas DPS. Registration link can be found at the [ERS Wellness Events Calendar.](https://ers.texas.gov/Event-Calendars/Wellness-Events)



# Social Media Post #3

We are often kind to others, but can be incredibly hard on ourselves! On October 22nd at 10 a.m., Lacy Wolff of ERS will delve into the science of self-compassion and will demonstrate evidence-based skills for building your resilience in this new free webinar, ***Building Resilience through Self-Compassion***. [Register through this link.](https://register.gotowebinar.com/register/5194350625161518604)

