October Webinars:

# Thursday, October 8th 10-11 a.m. CST

# **Coping Strategies that Build Resilience with Kevin Gilliland, Ph.D.**

Resilience is defined as the ability to quickly recover from difficult challenges. Since March we have had more challenges than we could have possibly imagined. In this webinar, we will discuss coping strategies that can help us deal with challenges most effectively. You will take away strategies from this webinar that will help you and your family build mental, physical, and emotional resilience to prepare you for the next challenge you face.

About the Speaker:

Kevin Gilliland, Ph.D. is a clinical psychologist, researcher, professor, professional speaker, business owner, and a master communicator in the world of psychology. As part of the Naturally Slim team, he teaches strategies to help people build resilience, improve their health and quality of life. Kevin specializes in mood disorders, anxiety disorders, substance abuse and addiction. He lives in the D/FW area with his wife and three children and is also an avid outdoorsman and a three-time Ironman triathlete.

Registration Link: <https://attendee.gotowebinar.com/register/794445938942065933>

# Thursday, October 15th 10-11 a.m. CST

# **Feel Good Food: Nutrition to support immunity**

The way we nurture our bodies is often described as self-care. At the core of nurturing is nutrition. Consuming high quality, nutrient dense foods can help bolster the immune system and can help the body as it responds to stress. In this webinar hosted by Texas DPS, we will discuss the types of foods that help boost immunity and strategies to fit them into a busy day.

To register for this webinar that is hosted by Texas DPS click on the link below:

[texasdps.webex.com…](https://texasdps.webex.com/texasdps/k2/j.php?MTID=t307b49ac03e9bed241aa499268612405)

Once you are approved by the host, you will receive a confirmation email with instructions for joining the session.

To view in other time zones or languages, please click the link  
[texasdps.webex.com…](https://texasdps.webex.com/texasdps/k2/j.php?MTID=t7a69f2fbb82655a87890fb926338e162)

For assistance  
You can contact Holly Cuozzo at:  
[holly.cuozzo@dps.texas.gov](mailto:holly.cuozzo@dps.texas.gov)  
1-512-424-5351

# Thursday, October 22nd 10-11 a.m. CST

# **Building Resilience through Self-Compassion with Lacy Wolff, MS**

In this workshop you will learn about the science and practical application of self-compassion. We will discuss the following topics through an engaging and interactive format:

-how self-compassion builds resilience

-our brain's "Default Mode"

-strategies to silence our "inner-critic"

-& ways to practice self-compassion.

After participating in this webinar you will receive a link to a self-compassion meditation you can use on a regular basis to help you build and maintain resilience.

About the speaker:

Lacy Wolff serves as the Health Promotion Administrator at Employees’ Retirement System of Texas. She is responsible for promoting wellness initiatives that are offered through the Texas Employees Group Benefits Program to over 500,000 state agency and higher education institution employees, retirees, and their dependents. After completing her undergraduate degree in Kinesiology from Texas A&M University, Lacy spent over 12 years supporting the health of the US Army overseas in both Italy and Germany. During that time, she earned her Master’s Degree in Health Promotion and Exercise Science from California University of Pennsylvania. In 2014 Lacy returned home to work for the State of Texas, where she served as a Training Specialist at the Texas DPS Training Academy for more than four years before taking on her new role at ERS. She has been proud to forge innovative paths to build, sustain and promote health and wellness for Texans!