

Support Services for Flight Attendants

“Face of Anxiety” by Amy Rhodes

Moderated by Lori Paul-retired Flight Attendant

Incorporating meditation and DBT as it relates to anxiety

Wednesday, April 22 and 29, 2020-12:00 pm EDT-1:00 pm EDT

Join [Zoom Meeting-ZOOM MEETING](#) Meeting ID: 168 058 984/Password: 309272

“Stress and Health: What Actually Gets Injured? The Impact of Stress on Our Daily Lives and Building Resilience” by Kevin McCauley

In this lecture, we will explore the physiology and pathophysiology of stress and trauma, how this science translates into effective strategies to minimize the impact of stress on our lives, avoid turning stress into trauma, and build resilience in order to live a long life.

Thursday, April 23, 2020-4:00 pm-5:00 pm EDT

You must register before the lecture: <https://catalog.pesi.com/item/59173>

Peaceful Landings” by Sabrina N’Diaye

Virtual healing on managing emotional, spiritual, stress, and physical challenges during uncertain times

Thursday, April 30, 2020-11:00 am-1:00 pm EDT

Email for registration-<https://forms.gle/LsAdxkMWZoC6QTG98>
