

# Let's Talk About It

## Learn coping and healing skills for your professional and personal life

Led by an expert on the topic, you will share experiences with your fellow educators and leave with strategies, ideas and a new outlook to take you into the school year.

### Topics this year include:

- Free to be Stress-Free: Breathwork and Meditation for Stress Free Living
- Time Management
- Financial Well-Being
- Assertive Communication
- Nutrition, Exercise and Self-Care
- Preventing Burnout: Self-Care and Stress Management
- Letting Go: Summertime Transition to Life Outside the Classroom



United Federation of Teachers  
*A Union of Professionals*



Member Assistance Program

[www.uft.org/lets-talk-about-it](http://www.uft.org/lets-talk-about-it)  
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