EASE
Brown Bag Topics

These are topics that can be presented during a 30-minute lunch break. The goal is to introduce the topic and focus on the solutions and encourage participants who would like additional information to contact EASE

- Preventing Job Burnout – Understand the difference between depression & burnout. Identify warning signs and skills to bounce back from burnout.

- Anger Management – Factors that contribute to inappropriate outbursts and understand how empathy, communication skills and stress management impact coping with anger and frustration.

- Guided Meditation – Introduce the value and principles of meditation followed by a guided practice session.

- Communication Styles – Understand and appreciate individual differences and suggestions for respecting self and others.

- Domestic Violence in the Workplace; learn what you can do to help - Suggestions to support and protect employees and the workplace when the issue erupts.

- Aging & Work – Information for managers who supervise an aging and diverse population. Identify helpful practices to promote productivity.

- Anxiety Management - Understand anxiety and its negative impact on performance. Present strategies for managing anxiety and increase capacity to focus attention.

- Helping Families Cope with Mental or Physical Illness – Acknowledge the stressors that accompany the caretaking of an “ill” family member. Identify resources for support.

- Depression – Identify and differentiate symptoms of sadness, grief, and depression. Provide suggestions for self care and treatment options.

- Wellness Inventory – A questionnaire and discussion of various aspects to wellness – nutrition, exercise, sleep, personal goals, fun and recreation.

If you are interested in having a brown bag class, please contact EASE at 800-882-1341 to arrange for a date and time. Classes are free to participating districts.