

MENTAL FITNESS & RESILIENCE LEARNING OPPORTUNITIES



COVID: WHAT'S NEXT?

The global pandemic has had an enormous effect on individuals' ability to manage stress. As people, businesses, communities and nations, these stressors have changed the social and psychological landscape of our world. How do we respond in the face of such adversity?

Air Institutes is excited to present this 90 minute introduction to mental fitness and resilience to Theatre Nova Scotia on May 10th at 6:30PM.

FOUNDATIONS OF RESILIENCE SERIES

A comprehensive introduction to resilience training. This program takes place over four weeks and covers the four cornerstones of resilience:

- SeeFit - Establishing the Resilience Mindset - May 17, 6:30-8PM
- ThinkFit - Developing Mental Discipline - May 31, 6:30-8PM
- FeelFit - Making Sense of Emotions - June 14, 6:30-8PM
- ActFit - Forging Strong Relationships - June 28, 6:30-8PM

Registration Required, For More Information Visit:
<https://www.theatrens.ca/covid-19-theatres/mental-health-sessions>