Description: Do you sometimes ask yourself, “Why did I behave the way I did?” or “Why did I lose my cool?” Our thoughts and emotions can dictate our behavior and at times be difficult to manage. The “MINT” series consists of self-contained 90-minute workshops to help adults and high school students develop an inner radar to observe and honor thoughts and emotions, which in turn can help you manage stress, improve decision making, and achieve an inner peace and joy. Each workshop will include the opportunity to further increase your self-awareness through feedback gained by completing an anonymous self-report questionnaire.

About the Presenter: Vidya Bharat has been presenting this workshop series in various forums and IT companies. She completed her PhD in Psychology from Palo Alto University and has worked with children, young adults, and adults as part of her clinical psychology training. Prior to being a psychologist, Vidya worked in the IT industry for 20 years. She has a Master’s in Computer Science and has held many technical and leadership positions through her career. She is a published author of technical books.

Dates/Times/Topics
Please register for each separately

Stress Management
Thursday, December 3, 6-7:30pm OR Saturday, December 5, 10-11:30am
Discover how to recognize symptoms of stress, build your resources to help you manage the stressors in your life using active coping skills, and additional tips and strategies to manage stressful situations. Register Now

Coping with Worry & Sadness
Thursday, December 10, 6-7:30pm OR Saturday, December 12, 10-11:30am
Everyone has symptoms of worry and sadness at times, and just as we seek medical advice for an illness, it is equally important to get help when we feel overwhelmed or are affected by these symptoms. This workshop will teach you how to recognize symptoms of sadness and worry, healthy lifestyle practices and other tools to alleviate them, and how and where to get help. Register Now

Preventing Burnout
Thursday, December 17, 6-7:30pm OR Saturday, December 19, 10-11:30am
Burnout is not considered a mental health issue, but according to research it is having a growing impact in workplaces—particularly during difficult times of economic downturn. Burnout is characterized by emotional exhaustion, ineffectiveness, and chronic negative responses. Learn how to recognize burnout, become aware of its signs and symptoms, and take proactive steps for prevention. Register Now

Honor Your Emotions
Thursday, January 7, 6-7:30pm OR Saturday, January 9, 10-11:30am
We often want to get rid of intense moods and emotions, only to see them coming back stronger—which is not only draining, but can lead to physical health problems. Learn to better recognize your emotions and manage them in a healthy way; explore how our emotions, thoughts, behaviors, and social relationships affect one another; and discover how you can make that connection work for you. Register Now