

Wise & Well Webinar Follow-up Resources

Holiday Presence: Increasing Connection while Prioritizing Self-Care



Thank you all for joining us! Balancing work, health, relationships, and family during the holiday season can be quite challenging. How we approach and prioritize self-care significantly influences our sense of presence, fulfillment, and connection to what matters most in our lives. Use the resources below to help you this holidays season!

- [Webinar Recording](#)
- [Slide Deck](#)
- [HRCI](#)
- [RethinkCare Resources](#)
- [Center for Parent Information and Resources](#)
- [Understood](#)

