

# Wise & Well Webinar Follow-up Resources

Brain ON! Mental Fitness Strategies to Combat Stress, Burnout and Achieve Peak Performance at Work



Thank you all for joining us! We hope the resources below will help you become more mentally fit.

- [Webinar Recording](#)
- [Webinar Deck](#)
- [Brain ON! Mental Fitness Worksheet](#)
- [Purchase the Brain ON! Book by Deb Smoklensky](#)
- [debsmolensky.com](#)
- [The How We Feel App](#)
- [NFP's Wise & Well Training Center](#)

