

Mental Wellness Speaker Series



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Mental Health
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Reducing Stress and Anger during the Pandemic: Science-Based Strategies for Exhausted Parents and Couples

Erica Birkley, PhD
Psychologist, Assistant Professor
UC Department of Psychiatry and Behavioral Neuroscience

Getting short with your spouse? Finances tight? Turning into a Zoom Zombie? Stress has skyrocketed during the pandemic, and households are struggling with budgets, tense emotions, missed gatherings, and sleepless nights. Not knowing when things will “get back to normal” places a heavy toll on our minds and bodies. Please join me in translating stress science into practice with specific strategies aimed at couples and families burdened by the pandemic.

Dr. Erica Birkley is an Anderson Township resident, spouse, and mother to a 4-year old curious explorer. She is a psychologist and Assistant Professor within the UC College of Medicine. Dr. Birkley specializes in the treatment of stress, insomnia, anger, and depression among adults and couples. She loves bonfires with her neighbors, shopping Plants by Wolfangel, Zumba at the Mercy Anderson Healthplex, Beech Acres “A Fair of the Arts”, Salem Garden’s burgers, and Coney Island’s tube slide.

Jan 12, 2021 6:30 PM

Register in advance for this webinar: <https://tinyurl.com/a-twsp-stress-anger>

After registering, you will receive a confirmation email containing information about joining the webinar.

Follow-up interactive discussion with Dr. Erica Birkley on practicing skills to manage stress and anger on January 26 at 6:30pm

<https://us02web.zoom.us/j/87307098352> Meeting ID: 873 0709 8352 Passcode: help

