

HEALTH AND WELL-BEING INSTITUTE

Highlights of Taking Care of You

Explore ways to take better care of yourself and manage stress in weekly 30-minute Zoom sessions!

Extension provides a free shortened online version of [Taking Care of You](#) called Highlights of Taking Care of You!

Taking Care of You (TCY) is a research-based program that offers practical strategies and experiences to help people deal with the stress in their lives. Managing life's challenges in healthy ways allows participants to take better care of themselves and their overall health. Through small group discussion, self-reflection and activities, participants will consider ways to:

- Become more aware of the mind-body connections, and how to use this awareness for better health
- Develop habits that can lead to a healthier person: body, mind, and spirit
- Respond versus react to the stress in life
- Discover opportunities in life's challenges
- Find ways to bring more joy into life
- Live more in the moment

Classes meet once a week for about 30 minutes. The entire course is 8 weeks. We use ZOOM to provide these online sessions. Email Yia Lor (yia.lor@wisc.edu) for upcoming series or if your organization is interested in collaborating with Extension to host a series.