



Dear Mam/Sir,

During Self Isolation we are forced out of routine, something that we have often experienced. An example is more time with family, but, surely, Social distancing is not an everyday phenomenon.

If the current situation is overwhelming for you, there are steps you can take to combat daily stressors. Those could be fear of illness, anxiety over living within the four walls of home or fear you'll run out of essentials.

Attend the webinar to learn ways to manage your anxiety during the social distancing period.

Date: 03.04.2020

Day: Friday (7:00 - 7:30 PM)

[Register Now](#)

Regards,

RoundGlass College Wellbeing Team

