

# 2026 Resilience Webinar Series

**ALLONE**  
HEALTH

Presented quarterly, this webinar series covers important topics designed to provide members with skills to help them improve their resiliency.

Please note that if you miss a session, the registration link will automatically take you to the recording. The recording is available the day after the live session.



### **How to Become More Resilient During Challenging Times**

During these unprecedented times, employees have been faced with many stressful challenges. Increasing our resilience can be a key strategy to successfully coping with and managing the stress and pressure we face. This timely session will discuss several approaches that can help individuals to increase their resilience and maintain their health and effectiveness day to day.

**March 23, 2026 | 1:00 - 2:00 PM CT**

[Register Here](#)



### **Finding the Balance in a Fast-Paced World**

This timely presentation is designed to help individuals gain valuable insight into the emotional and physical problems that can occur when we let our lives get out of balance. The session also covers several practical strategies that employees can utilize to restore balance and increase their resilience.

**June 29, 2026 | 1:00 - 2:00 PM CT**

[Register Here](#)



### **How to Better Handle Extremely Stressful Circumstances**

This important session will discuss several strategies for handling the extremely stressful circumstances (trauma, loss, significant changes, etc.) that we experience at times in our personal or professional lives. These strategies will include managing our thinking and our emotions, increasing our resilience, making necessary adjustments, etc.

**September 14, 2026 | 1:00 - 2:00 PM CT**

[Register Here](#)



### **Managing the Stress of Change**

Our constantly changing world creates stress and difficulty for most of us. This important session will provide several techniques designed to help individuals more effectively cope with, and adjust to, the changes in their lives. In addition, the presentation will cover strategies for increasing the overall resilience of the participants.

**December 7, 2026 | 1:00 - 2:00 PM CT**

[Register Here](#)