



EAP Lunch & Learns Coping with Change & Uncertainty

KP's Employee and Physician Assistance Program (EAP) recognizes that our working environment has vastly changed. This can bring up a lot of fear, anxiety, and mixed emotions for all of us.

To support you, we'll be offering weekly discussions during the lunch hour to discuss how you can cope with concerns about psychological safety, working relationships, communication, and the unknown.

IN SACRAMENTO
Mondays 12:30pm to 1:15pm
[Join Microsoft Teams Meeting](#)
213-533-9530 Conf ID: 988 634 451#

Schedule of Topics

June 1 st	Managing Fear & Anxiety
June 8 th	Drained and Exhausted? - How Managing Energy (Not Time) is Key for High Performance
June 15 th	How to Strengthen Relationships with Respectful Communication
June 22 nd	Mindfulness and Gratitude to Boost Resiliency