



NC DEPARTMENT OF  
**HEALTH AND  
HUMAN SERVICES**  
Division of Mental Health,  
Developmental Disabilities  
and Substance Abuse Services

# Get the SCOOP for Stress

*Strategies for Stress Management in Challenging Times*

**January - March 2021 | 6:00 - 8:00 pm**

Now that 2021 is underway, it's more important now than ever to build resiliency skills in ourselves and help to foster those strategies in others. In the wake of COVID-19, social and political unrest, and other challenges we face in our day-to-day lives, it's important to know that we will get through this together. NCDHHS' Division of Mental Health, Developmental Disabilities, and Substance Abuse Services is pleased to share helpful strategies on managing stress now and beyond these challenging times we are living in.

Join the **UNC-TV Live Stream Event on the Governor's Institute Facebook\* Page** at: [facebook.com/GovInst/](https://www.facebook.com/GovInst/) and get the **#SCOOP4Stress** with the NC DHHS Stress Management Series.

For more information, contact the Community Engagement & Empowerment Team at: [CEandE.Staff@dhhs.nc.gov](mailto:CEandE.Staff@dhhs.nc.gov).

**CC** Presented with Closed Captioning.

**Vaccines 101**  
**Intro to SCOOP**  
Tuesday, Jan. 19

**Stay Connected**  
To Friends & Family  
Tuesday, Feb. 2

**Compassion**  
For Yourself & Others  
Tuesday, Feb. 16

**Observe**  
Your Use of  
Substances  
Tuesday, March 2

**It's Ok to Ask for  
Help**  
It's **EMPOWERING!**  
Tuesday, March 16

**Physical Activity**  
To boost Your Mood  
Tuesday, March 30