



**UTAH LOCAL GOVERNMENTS TRUST**

*Specialized Insurance Solutions Since 1974*

## **MENTAL HEALTH & WELLNESS**

Tools and Skills to Meet the Imperative of the Moment

January 16 **The Science of Resilience**

*Learn what science teaches us about human resilience and wellbeing.*

March 19 **Why Do We Get In Our Own Way?**

*Discover what hinders your wellbeing and productivity and what you can do about it.*

May 21 **The Tyranny of Our Shoulds and Musts**

*Learn how your "Shoulds" and "Musts" interfere with your wellbeing and how to recognize and disarm them.*

July 16 **The Stories We Tell Ourselves**

*Discover how Storylines hijack your mind and body and disrupt your life.*

September 17 **You Can't Fix What Ain't Broke**

*Learn what drives us to live life in unhealthy and unbalanced ways and what you can do to stop it.*

November 19 **Are You a Human Being or Human Doing?**

*Are you a noun or a verb? Discover how we experience our "self" and why it matters to our wellbeing.*

**REGISTER HERE:** [UTAHTRUST.GOV/MHW](https://UTAHTRUST.GOV/MHW)

Featuring Derrick R. Tollefson, MSW, PhD, LCSW | Session time: 11 am to 12 noon

**STEVE HANSEN** CEO

**UTAH LOCAL GOVERNMENTS TRUST**

Executive Director, ABLE Utah

m 801.808.2137 | [steve@utahtrust.gov](mailto:steve@utahtrust.gov)