



The pandemic has affected each of us differently. But we have experienced similar reactions, such as worry, frustration, sorrow, and mental exhaustion.

Our “Be Kind to your Mind” support group provides a safe online forum for people to share their stories, hear from others, and discover strategies for dealing with uncertain times.

In this group session, the goal is to help each other persevere as we go through challenges related to the pandemic. A Stay Well counselor moderates each session, listening in and helping participants process their emotions.

The group meets on Zoom **every Monday at 7 p.m.** Sessions last one hour. Participants are asked to abide by a set of ground rules ensuring courtesy and respect for others.

Click here to [REGISTER](#) and receive instructions about connecting.

To learn more about this and other Stay Well services, visit Michigan.gov/StayWell.