

Winter Stress Relief and Resilience Program

For Linn Benton Lincoln ESD and Regional School District Staff,
In Partnership with Pause at Work®

3-MONTH PROGRAM • VIRTUAL • MINDFULNESS-BASED

- Learn practical tools to ease stress + anxiety
- Reset, recharge, and reconnect in a supportive space
- Bite-sized strategies you can integrate right away



Live Online Sessions (with recordings)



Daily Pause Practices



Digital Stress Relief Toolkit

Program Begins January 21, 2026

👉 [Click here to register!](#)

Space is limited, and early sign-ups will be given priority—so don't wait if this calls to you!