



**Providence  
Health Care**

How you want to be treated.

# Psychological Hygiene Webinar

## Session Description

From a very young age we adopt common physical hygiene habits such as brushing our teeth, washing our hands and taking regular showers. What about hygiene habits that focus on our mental health? This 1 hour, interactive session will increase participant's awareness and understanding of psychological hygiene while learning the factors that can promote and preserve good mental health. Individuals will gain practical tools and resources to activate their own personal psychological hygiene practice.

## Registration link:

Link: <https://forms.gle/viwGYJoBnPJPpRwJA>. You can sign up to attend live sessions or receive access to the recording, which will be available on the [EFAP page](#) on connect for 1 month after the session.



**May 14, 12 pm - 1 pm**

Psychological Hygiene

Questions? Email [wellness@providencehealth.bc.ca](mailto:wellness@providencehealth.bc.ca)