

# Coping with COVID Burnout



**BE BOLD.** Shape the Future.  
**College of Agricultural, Consumer  
and Environmental Sciences**  
Cooperative Extension Service  
Extension Family and Consumer Sciences

**Strategies to manage chronic stress related to the ongoing pandemic**

**Tuesdays from 2-3pm  
February 16 - March 30, 2021**

**Register for this webinar series at:  
[aces.nmsu.edu/covid19/burnout](https://aces.nmsu.edu/covid19/burnout)**

- Feb. 16: How Stress Affects the Brain and Body**
- Feb. 23: Understanding Anxiety and Depression**
- March 2: Tools to Positively Leverage Stress**
- March 9: The Power of Social Connection**
- March 16: Nutrition: Fuel for Resiliency**
- March 23: Sleep: The What, Why and How!**
- March 30: Staying Active to Prevent Burnout**



**If you are an individual with a disability who is in need of an auxiliary aid or service to participate, please contact  
Suzanne DeVos-Cole in advance at [sdcole64@nmsu.edu](mailto:sdcole64@nmsu.edu)**

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