

June On-Demand Webinar

# When We Say We're Fine, But We're Not: Tools for Mental Exhaustion



How often do you find yourself responding to the question, “How are you?” with an auto-pilot response like, “I’m fine,” even when you might be anything but? Maintaining this gap between how we feel and what we show the world can be isolating and deprive us of connection in moments when we need it most.

In this webinar, we’ll explore what gets in the way of honest self-expression, especially when we’re feeling exhausted, and we’ll learn practical steps we can take to increase our energy, open up more to ourselves and others, and benefit from more authentic connection and support.

**All MMHG participants will be entered to win a \$50 Amazon gift card! How it works:**

1. Between June 1-30th, watch the webinar using the link below. When registering, the email address you provide will be used to track your attendance. You'll receive one raffle entry for viewing the recording.
2. Gift card winner will be notified by email on July 7th. All employees, retirees, and dependents from Mayflower Municipal Health Group member units are eligible to win.



**Click here or scan the QR code to watch using member access code: MMHG**

Webinar URL: <https://tinyurl.com/L2LNotFine2026>