



Women's Health Awareness

Virtual Series: "RealTalk With the Experts"

This virtual series provides a unique opportunity for you to gain state-of-the-art health knowledge and ask specific questions to world-renowned experts.

Coping During Uncertain Times

Thursday, January 29, 2026

6:30 - 7:45 p.m. EST

How do we cope when the future feels uncertain? This virtual session will explore the effects of stress and depression while sharing practical strategies for resilience and healthy coping. Participants will gain tools to strengthen emotional well-being and learn approaches that can be applied in both personal and professional life.



During this session, participants will be able to:

- Describe how uncertainty can affect stress, mood, and overall functioning.
- Learn practical, evidence-based coping strategies for everyday challenges.
- Identify approaches to build resilience and maintain emotional balance.

Webinar Goal: To provide strategies for managing stress and building resilience during times of uncertainty.



Registration is free and open, and closes at noon on **Thursday, January 29, 2026**. Register at <https://www.niehs.nih.gov/womenshealthawareness>. The Teams link will be provided prior to the webinar.

For additional information, call the Office of Human Research and Community Engagement at 984-287-4725 or email wha@niehs.nih.gov.



Individuals with disabilities who need accommodation to participate in this event should contact the Office of Human Research and Community Engagement at 984-287-4725 or wha@niehs.nih.gov. TTY users should contact the Federal TTY Relay Service at 800-877-8339. Requests should be made at least 5 business days in advance of the event.

Lead Sponsor: National Institute of Environmental Health Sciences, Clinical Research Branch, Office of Human Research and Community Engagement

Co-Sponsors: Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc. and North Carolina Central University Department of Public Health Education



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