

Webinar: Connecting the dots between physical and mental health and how to take action.

This World Mental Health Day, **Oct. 10, 2024, at 1 p.m. EST** join Canada Life, Workplace Strategies for Mental Health and Teladoc Health Canada for an insightful **conversation about stress, anxiety and depression, how they manifest in your body and what you can do to support your overall well-being.**

Mariana Bockarova, PhD from Teladoc Health and Canada Life's Organizational Health Consultants will lead this webinar. They will talk about the importance of a holistic approach to health and wellness and all the ways your mind and body are interconnected. You'll leave with practical tips to help you cope, overcome unhelpful thinking styles, prevent and manage physical symptoms and support others to do the same.

[Interested? Register today.](#)

This webinar will be in English but French interpretation, slides and resource links will be available. You'll also have the opportunity to ask questions related to the topic. This event will be recorded for future reference or just in case you can't watch live. Find it on the [Workplace Strategies for Mental Health YouTube page](#).

Learn more about the expert:



Mariana Bockarova, PhD is currently the Head of Marketing and Communications at Teladoc Health Canada and also teaches psychology at the University of Toronto. She holds a Bachelors degree from the University of Toronto and a Masters degree from Harvard University where she researched Post Traumatic Stress Disorder and graduated with highest distinction. Dr. Bockarova pursued her doctoral studies at the University of Toronto, where she researched cognitive test anxiety and the effects of experimental disclosure therapy. Her insights have been featured in The New York Times, Washington Post, Daily Mail, The Sun (UK), Cosmopolitan Magazine, Prevention Magazine, Vice, and Medium. She is a regular contributor to Psychology Today.