



Dear Colleagues

As we approach the half way point of this year's Mental Health Awareness Week, we turn our attention to resources that you, your family and friends can access online.

We have chosen 2 TED Talks which we feel are especially important in today's 'new normal'.

We invite you to take some time out of your busy day to listen and explore:

‘How to create meaningful connections while apart’ -

https://www.ted.com/talks/priya_parker_how_to_create_meaningful_connections_while_apart

‘Importance of Self Care TED playlist’ –

https://www.ted.com/playlists/299/the_importance_of_self_care

We would also like to take this opportunity to remind you about this week's *Wellness Wednesdays* session for employees below, which is at 4.30pm BST/5.30pm CET today. Please register for this event [here](#)



Wellness Wednesdays

Maintaining Wellbeing while Navigating a Transition

May 20th @8:30am PT

Join us this with Dr. Anthony Palombit to learn about different coping mechanisms we can utilize to decrease anxiety as we navigate transition in our lives.

We will cover:

- How to decrease anxiety in a state of transition and the potential good that can come out of a transition.
- How to deal with tensions that may be arising in relationships (home and work) during a transition

Dr. Anthony Palombit has a Ph.D. in Psychology and is a licensed clinical psychologist in the State of California. In addition to his practice, Anthony is a lecturer in the Executive Education Program at the Wharton School of Business and brings more than three decades of corporate and consulting experience in the areas of executive coaching and leadership development. Anthony specializes in coaching of CEOs and c-suite executives of Fortune 1000 and PE portfolio companies.

with **Dr. Anthony Palombit**



To find out more about the support that VMware NEMEA provides to our employees around mental health visit our [Mental Health webpage](#) which contains lots of helpful resources and the contact details of all our trained Mental Health First Aiders.

NEMEA Mental Health First Aider Team