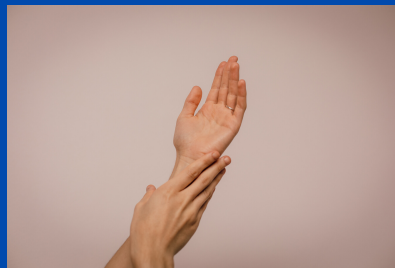


a few notes

Topic: Deal with It



Daily Envision Employee Check-in Hosted by Dr. Stefanie Simmons

Have you ever been told by someone to just "learn to deal with it"? Well today we get a lesson from Namoni Zikmund-Fisher, LMSW, LLC on how to Deal with It. You may have noticed feeling more irritable lately, crying more easily, or just having problems taking care of things that don't seem like they "should" be a big deal. Is your "deal with it" container full. Learn to refill your "deal with it" container with supplies like a good night's sleep, exercise, a good hug, meditation, or whatever you feel is good self care.

Click here for [Source](#)