

The Art of Living Well: A Free, Fun, Online Conference to Improve Anybody's Mental Health and Spirits

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Categories : [Healthy Living](#), [Talks-Panel Discussions-Presentations-Workshops](#)

Tagged as : [Mountainside Treatment Centers 2021](#)

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It's time you start making time for yourself! Take a break from your busy schedule and endless to-do lists and join Mountainside Treatment Centers for a free day of wellness, fun, and community.

This event, while created for individuals in recovery, is appropriate and open to everyone.

— [an announcement](#) from *Mountainside Treatment Centers*

Mountainside addiction treatment centers, which has an office in Wilton, rounded up a team of experts to help you discover new passions, let go of whatever is holding you back, and gain practical and tangible ways to change your life.

Whether you want to learn how to save money to make that dream vacation happen or find new ways to manage stress, this is an event you won't want to miss. So, show yourself some love and give yourself the gift of wellness.

We've rounded up wellness, lifestyle, and mental health experts to help you master self-care and start cultivating a healthier, happier, and more fulfilling life.

Event Schedule

10:00 AM – 10:45 AM

Financing 101: Simple Tips for Better Money Management

Learn how to set short and long term goals, improve your credit score, and better manage your paycheck.

10:45 AM – 11:15 AM

Spread Joy: Giving Back Through Letter Writing

Spread goodwill by writing a letter of encouragement to a stranger battling addiction or a loved one who might need some extra love right now.

11:15 AM – 11:45 AM

Take Five: Using Your Senses to Ground Your Mind

Gain grounding techniques to help you quickly reduce stress, relieve anxiety, and let go of negative emotions.

12:00 PM – 12:30 PM

Deep Breaths: Breathing Techniques to Ease Stress and Anxiety

Practice easy breathing techniques that you can apply any time you feel anxious or stressed.

12:30 PM – 1:00 PM

Music for Recovery: Interactive Concert

Enjoy a mini concert filled with songs all about recovery and wellness.

Schedule is subject to change.

If You're Attending ...

This will be a virtual event using [Microsoft Teams](#). While you can use Microsoft Teams on a browser, we recommend downloading the free desktop or phone app for the best experience. Please be sure to do so prior to the event.

You will receive the link to the Microsoft Teams meeting via email prior to the event.

Darienite

News for Darien

<https://darienite.com>

This is a virtual event open to everyone. *You can get tickets and more information [here](#).*