

Wellness Series

STRESS MANAGEMENT

The covid-19 pandemic has created higher levels of stress and anxiety for everyone. Research shows that knowing how to manage stress can improve your health, quality of life, and wellbeing. It's important that we take time for ourselves and find ways to overcome stress in our lives. This two-hour virtual workshop covers techniques to help you cope with stress and maintain a positive lifestyle.

Learn about stress and its impacts during the COVID-19 pandemic

Develop positive lifestyle and coping practices

WHO SHOULD ATTEND

- Everyone!

SESSION DETAILS

- Two-hour virtual workshop

COURSE COMPONENTS

- What is stress?
- Impacts of stress
- Self-awareness / personal identification
- Negative vs. positive coping strategies
- Resilience
- Self-care

RESERVE YOUR SESSION NOW!

FOR MORE INFORMATION OR TO RESERVE YOUR SESSION, CONTACT US TODAY:
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